



# THE OBJECTIONABLE MOM'S TIPS TO FALL ASLEEP FAST



## PICK YOUR BEDTIME BY FIRST SETTING YOUR WAKE TIME

Determine how many hours you want to sleep and what time you want to wake up in the AM. Some people function well on 6 hours of sleep while others need closer to 8 to feel at their best. If you want to be up by 6am and want a solid 7 hours of sleep, then your goal bedtime should be between 9:30pm - 10:30pm. Allow an hour of grace period for your nighttime routine.



## START EARLY

Set your bedtime routine in motion well before you plan on actually laying down in bed. This means eating dinner a few hours before bedtime, getting your exercise or any other physical activity in at least two hours before, *and* turning off all electronics at least 30 minutes before going to bed.



## WATCH WHAT YOU'RE WATCHING (& READING)

Pay attention to what your eyes are glued on in the late hours of the day. Watching late night local news stories, upsetting thrillers or anxiety provoking shows at 9pm means you'll be too jazzed up at 10pm for a 10:30pm bedtime goal. Stick with relaxing or more "simple" entertainment as the day gets later.



## TREAT YO'SELF BEFORE BED

Don't neglect the power of a great skincare routine before bed. Invest in a great face wash, face cream, and eye cream that you thoroughly enjoy using, and then spend at least 15 minutes going through that routine. Get yourself fuzzy socks and moisturize your feet too. Get a new PJ set that you LOVE and don it only when you're ready for bed. Play rainforest sounds, beta/theta waves, or calming instrumental music as you do it and let it become a peaceful ritual for you.



## ATTITUDE OF SLEEPY GRATITUDE

A great way to shut your brain off after a long day of stressful work and good ol' child raising is to reflect on what you most appreciate. Everyday is different and presents new blessings that should be recognized and acknowledged. Take 10 minutes to write out in a journal 3 things you are grateful for today. You should identify each thing as specifically as possible.



## BREATHE DEEPLY. REPEAT

There are so many free resources online, meditation apps, and even books that coach you on breathing exercises and techniques that are scientifically proven to relax your body and brain. Don't overwhelm yourself with becoming a meditation guru now but closing your eyes, counting to 10, and breathing in and out in sets of "1...2...3...4...5" etc., is super effective in shutting out all the noise that is likely keeping you up.

