

Solutions to Bedtime Struggles

Solutions for you & your family

Consistent Bedtime

- Go to bed at the same time as much as possible
- Wake up at the same time every morning
- This is a great way to reset your internal clock!

Reduce Lights

- Blue lights and LED lights negatively impact your sleep
- Remove these lights from your bedrooms
- Block tiny lights from clocks and sound machines with black tape

Drop the Devices

- The blue light from devices and tv disrupts sleep hormones
- Turn off all devices at least 30 minutes before bed
- Other ways to wind down before bed: read, bath or massage/intimacy

Reduce Stress

- 1 or 2 hours before bed, create a calm and quiet environment
- Dim the lights in the house
- Put calm music on
- If you enjoy scents, burn some incense or put a relaxing oil in your diffuser such as lavender or chamomile.