



# How to Wind Down so You Can Sleep

The HelloHealth process uses all five senses to teach your mind it's okay to shut down for the night. Restorative sleep is key to overall mental and physical well-being.

## **CALMING TASTE**

Do NOT drink caffeinated or decaffeinated beverages after 2:00 p.m. Do NOT drink alcohol of any kind after dinner.

Drink hot lemon water if you crave hot tea or iced cucumber water if you prefer a cold beverage.

## **CALMING TOUCH**

Take a shower. Wash away the day. Wash away other people's problems, emotions, and other baggage so you can reconnect with yourself. Perform a self-massage of your temples, jaw, neck, and shoulders.

## **CALMING SMELL**

Use lavender aromatherapy in your soaps, as a shower spray, and/or on your pillow.

## **CALMING SIGHT**

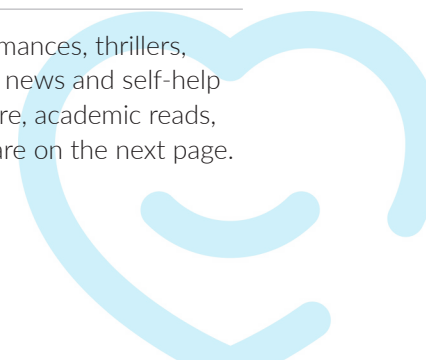
The hour before you plan to go to sleep, keep the lights low. If your room is not dark, use an eye mask.

## **CALMING SOUND**

Calming sound is repetitive and usually based on nature. Use sleep buds or a sound machine to help you sleep deeply. (We like the Calm app.)

## **CALMING THOUGHTS**

Introduce calming thoughts by reading curated material. Books like romances, thrillers, action, and fantasy pique your interest and keep you awake. Likewise, news and self-help books engage your active mind. Instead, consider mindfulness literature, academic reads, or a devotional. Our favorite books for introducing calming thoughts are on the next page.



## Bedroom Hygiene

The bedroom is ONLY for sleep and sex/rest and pleasure. Ensure your sleep environment meets the following criteria:

1. A regular alarm clock
2. Blackout curtains
3. Thermostat set to 68 degrees
4. Rid of all devices, including TV, laptop, computer, cell phone, smart watch, Alexa, Google, etc.

## What to Read When You're Winding Down

[Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom](#) by Rick Hanson and Richard Mendius

[How to Relax](#) by Thich Nhat Hanh

[How to Sit](#) by Thich Nhat Hanh

[Lion's Roar](#) magazine

[The Mindful Way to a Good Night's Sleep: Discover How to Use Dreamwork, Meditation, and Journaling to Sleep Deeply and Wake Up Well](#) by Tzivia Gover

[Why We Sleep: Unlocking the Power of Sleep and Dreams](#) by Matthew Walker

