



FITTING SLEEP INTO YOUR LIFE

Sleep is foundational to a healthy lifestyle, providing the essential rest, recovery, and repair our bodies need after busy days. Yet, prioritizing the recommended 7-8 hours of sleep often proves challenging.

HOW TO MAKE TIME – WHEN YOU CAN'T ADD IT

Since adding more hours to the day isn't an option, streamlining your evening routine is essential. Fortunately, our bodies thrive on routine, which can enhance the natural rhythm of relaxation and bedtime. We can achieve this by implementing strategies such as time blocking and habit stacking.



1

Determine Key Activities and Existing Habits

List essential evening tasks and existing habits, such as dinner, cleaning, family time, and winding-down activities like brushing your teeth or changing into pajamas.



2

Set Specific Time Blocks

Allocate specific time slots for each activity and identify where you can stack new habits.



3

Create Habit Stacks Within Each Time Block

Integrate new habits into your existing routine by linking them together in a logical sequence. See the example time block to the right:

HERE'S AN EXAMPLE TIME BLOCK:

6:00 PM – 7:00 PM

Dinner

7:00 PM – 7:30 PM

Clean-Up

Prepare a cup of tea / listen to a podcast or audiobook

7:30 PM – 8:00 PM

Family Time

Share highlights of the day / enjoy a television show
Practice a hobby / play a family game

8:00 PM – 8:30 PM

Personal Time

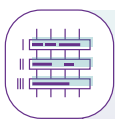
Set out clothes for the next day / read a book

8:30 PM – 9:00 PM

Prepare for Bed

Change into pajamas / meditate / skincare routine

A FEW TIPS



Be Realistic and Flexible

Ensure time blocks and new habits are achievable. Allow buffer time if needed and be flexible to adjust based on the day's demands.



Consistency and Adjustment

Stick to the routine consistently to build new habits. Regularly review and adjust the routine as necessary to fit your evolving needs and preferences.