Sleep Hygiene Routine-Bed is Just for Sleep Nothing Else

Stretch or Hot Bath

Blue Blocker Glasses before bedtime

Electronics/Lights off 1-2 hours before bedtime

Relaxation Techniques

Hyper-sleep (YouTube)/Mindfulness

Avoid Caffeine

Reduce or Avoid Naps

20 Minute Rule (Get out of your bed after 20 minutes of not sleeping)

Read for 30 mins or less

Mind dump worries/emotions/gratitude

Lower Social Interactions

Day Time/ Auto Piolet

Cool Bedroom

Bilateral Tapping (Each hemisphere of brain is used and begins calming the FFF brain)

Circadian Rhythm

Supplements

Morning Routine

Wake up at same time

Light for 20 mins-First Thing

Avoid upsetting news and work emails

Read or listen to something motivational (podcast, music, mediation)

Exercise and hydrate

How to make this a great day

Journal/Planner-Who can I connect with today?

How can I manage stress and tension within myself and my family unit?