

REST YOUR BODY!

Getting the right amount of quality rest can help how we think, feel, and act. There are many things that can help us fall asleep and stay asleep throughout the night:

- Fueling your body with good foods throughout the day
- 30 minutes of physical activity each day
- Managing stress and anxiety during the course of the day
- Going to bed and waking up at the same time each day
- Avoiding screens at least 30 minutes before bed
- Having a quiet, dark, and cool sleep environment

Here are some ways that you can feel more calm and reduce stress or anxiety before bedtime:



DEEP BREATHING

Take deep breaths. Try a deep breath from the *Take a Breath!* handout.



MINDFULNESS

There are apps to download with free guided meditations to calm the body and mind, which can help with resting and relaxation. Try *Calm* or *Headspace*.



AROMATHERAPY

Essential oils like lavender, chamomile, and sandalwood can help with sleep.



WRITE IT OUT

Before going to sleep, list your thoughts, worries, or to-do lists so you can set them all aside, rest, and come back to them tomorrow.



BODY SCAN

For each muscle starting from your head moving down to your feet: think about it, tense it, and release it to relax the body.

REFLECT:

1. How is your sleep?

2. What are things that you are doing right now to get a good, restful sleep? OR What has helped you get restful sleep in the past?

3. What might you try this week to have or sustain restful sleep (falling asleep easily and staying asleep)?

4. What is a good amount of sleep for you? (Most adults need 7-9 hours and youth/teens need closer to 10-12 hours to feel rested.)

CHALLENGE:

On the left, plan out what you try this week in order to have restful sleep.
On the right, write about what you noticed about your sleep.

WHAT DID YOU TRY?	WHAT DID YOU NOTICE?

REMINDER:

It is helpful to focus on one thing at a time to experiment with. While a combination of things will likely have the greatest impact on your rest, it is helpful to focus on one thing at a time.

