

Counting Sheep Week 2

It's a game changer!



Evaluate Your Bedtime Routine

Your bedtime routine doesn't just matter for your kids. Both kid and adult bodies love routine and function best in this space. Evaluate your current routine or lack there of and consider implementing one that is conducive to a good nights sleep. It will be easier to fall asleep and wake if you keep those times fairly consistent. Also, consider not getting too far off schedule on the weekends.

In today's world of smart phones, tablets, and computers making their way to the bed it is all the more important to TURN OFF the screens at least 30 minutes prior to bed. This will eliminate the stimulation, but also darken your environment, which is like the sun going down. This begins to signal the body for sleep.

Eating right before bed stimulates your digestive system, especially a high fat snack. Digestion signals the body to stay awake rather than shut down for sleep.

These are just a few things to consider in your night time routine.



Establish a consistent bedtime



Turn off all screens and "bright" lights at least 30 minutes before bed

Don't eat right before bed, especially anything high fat

