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CREATING A BEDTIME ROUTINE WORKSHEET

YOUR IDEAL *bed-time acts*

Use these page to reflect on how your daytime activities and habits may influence your sleep quality at night.

Step 1: Determine Your Ideal Wake-Up Time

Write down the time you need to wake up each morning (e.g., 7:00 AM).

Step 2: Calculate Your Ideal Sleep Time

Subtract the number of hours of sleep you need each night from your wake-up time. For most adults, 7-9 hours of sleep is recommended. Write down the result. If you need 8 hours of sleep and wake up at 7:00 AM, your ideal sleep time is 11:00 PM.

Step 3: Plan Your Bedtime Routine

List activities, with time allocation, you can incorporate into your bedtime routine to help you wind down and prepare for sleep. Include activities that promote relaxation and stress reduction, such as reading, journaling, stretching, meditating, taking a warm bath etc.



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Step 4: Reflect on Your Schedule

**Review your proposed bedtime routine schedule. Does it seem realistic and achievable?
Are there any activities you need to adjust or remove?**

Step 5: Implement Your Sleep Schedule

**Commit to following your new sleep schedule and bedtime routine for at least one week.
Monitor how you feel upon waking up each morning and throughout the day. Adjust
your schedule as needed to optimize your sleep quality and daytime alertness.**



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PLAYLIST

picks for zen

Craft your calming bedtime playlist by circling your preferred options from nature sounds, instrumental, soft music, or guided meditation tracks to accompany your bedtime rituals.

Sounds of Nature

- Rain Pattering
- Birds Chirping
- Ocean Waves
- Gentle Wind Rustling
- Flowing Rivers
- Crackling Fireplace

Instrumental Music

- Piano Melodies
- Guitar Strumming
- Flute Tunes
- Violin Harmonies
- Harp Strings
- Calming Synthesizer



Soft Music

- Classical
- Ambient
- Acoustic
- Chillout
- Downtempo
- Lofi

Guided Meditation

- Guided Visualization
- Body Scan
- Deep Breathing
- Mindfulness Practices
- Progressive Muscle Relaxation
- Loving-Kindness Meditations



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COUNTING

blessings

Before bedtime, reflect on what you're grateful for, jot down your gratitude, consider their impact, and read aloud for contentment. This practice helps rewire your brain towards a more positive mindset.

"Today, I am grateful for _____ because
it brought me _____."

"I appreciate _____ because it
fills me with _____."

"I am thankful for _____
as it reminds me of _____."

"Gratitude fills my heart when I think of _____,
which brings me _____."

"As I prepare for sleep, I am grateful for _____
because it _____."



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SLUMBER stretches

Bedtime stretches aid a healthy sleep routine by relieving muscle tension, inducing relaxation, and signaling the body to wind down, promoting deeper, more restorative sleep for overall well-being.

Standing forward bend
(uttanasana)



Happy baby
(ananda balasana)



Butterfly pose
(supta baddha konasana)



Corpse pose
(savasana)



After completing these stretches, reflect on how your body feels now compared to before the exercise: What sensations do you notice, and how has your mindset shifted as you prepare for sleep?