

Active Wellbeing

Example of Bedtime Routine

This should last for 30 minutes to an hour but this depends entirely on you and what suits you.

Here is an example of a bedtime routine:

Time	Activity	What Trying to Achieve
22:00 – 22:20	Watch some TV/adult colouring book	Calm and relax the body in order to wind down
22:20 – 22:30	Take a cool shower/bath	Using senses and cooling body down before bed
22:30 – 22:40	Make and drink camomile tea whilst checking phone/writing to-do list for the following day	Camomile tea helps to relax the body
22:40 – 22:50	Write notes on thoughts/feelings from the day	By doing this you are helping to transfer what is running through your mind and reflecting
22:50 – 23:00	Turn light off. Calming music/podcast on phone for 10 minutes	By turning off the light you are allowing your senses to adjust to the environment and music or podcast can help relax the body
23:00	Turn everything off and close your eyes	

Active Wellbeing Bedtime Routine

Use this space to plan your own bedtime routine:

Time	Activity	What Trying to Achieve

