



## Sleep

# Going to Bed and Waking Up

**Easy as 1, 2, 3!** Healthy bedtime and waking up habits can make all the difference in your day.



Cleveland  
Clinic

bravo



## Going to Bed

### 1. Grateful Thought

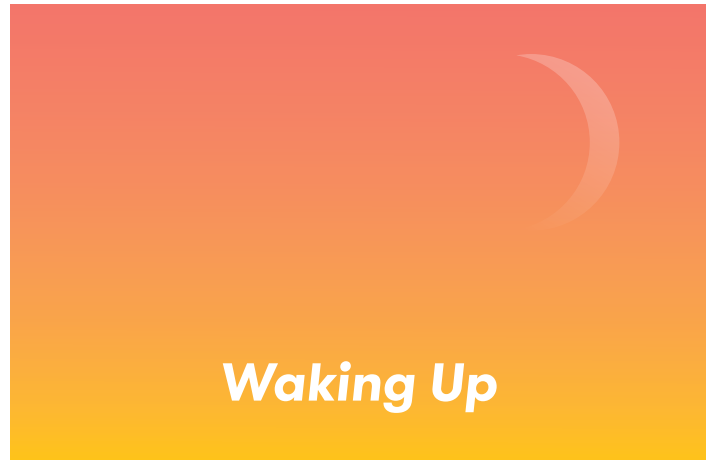
End the day with the reflection of one or more grateful thoughts. You can talk to your partner or write them in a journal.

### 2. To Do's

Write down your to do's for the next day and things you need to remember. This gives your brain permission to stop thinking about them. This can mean laying your outfit out for the next day, or preparing your morning breakfast.

### 3. Nurture Yourself

This can be different for everyone. It can be a candle, warm bath, reading, yoga or journaling. Best to stay away from screen time!



## Waking Up

### 1. Don't Hit Snooze

Keeping a sleep schedule is key to waking up morning after morning.

### 2. Drink a Glass of Water

Water's benefits are very well known, however drinking a glass first thing can help you stay hydrated and start the day on the right foot.

### 3. Natural Light

Open up the curtains and let the natural light shine through. This will support cortisol response, balance melatonin levels and can act as a mood booster.