6 WAYS

LiveWell by BF&M

to Unwind Before Bed

1 Be Mindful

Shortly before bedtime, try a relaxation strategy that incorporates mindfulness, such as yoga, deep breathing, or meditation, all of which boost sleep time and quality.

2 Skip Screens

The blue light emitted by digital devices—including TVs, phones, laptops, and tablets—can throw off your body's internal clock, so avoid them before bedtime. Finding a tech-free way to wind down can help soothe stress.

3 Take a Hot Bath or Shower

A pre-bedtime soak is relaxing. Plus, going from warm water into a cooler bedroom will cause your body temperature to drop, naturally making you feel sleepy.

4 Care for a Cup of Tea?

TEA

A hot cup of tea is a great way to destress, relax, and unwind before bed. Just mind the caffeine content when choosing your bedtime cup. Herbal teas, like Chamomile, are naturally caffeine-free and safe bets.

5 Read a Book

Books are a great escape, they help us disconnect from our daily stressors and drift off into another world for a few hours. Making them a great way to clear the mind before a good night's sleep!

6 Visulaize

By envisioning yourself in a peaceful sleep, you'll instantly put yourself in a state of relaxation. For extra calm, clench and release your muscles, starting with your face and working down to your feet.