



Nighttime Wind-Down Ritual

Goals: Prepare body-mind for high-quality sleep (neurotransmitters, hormones); avoid insomnia; optimize body's tissue-repair window and capacity; set yourself up for success next day; improve romantic connection and windows for intimacy.

Suggestions:

- Start 30 minutes before bedtime (set reminder)
- Close down work/screens (including iPad/phone), avoid looking at lit displays
- Set devices to charge, make sure keys and bag are located
- List any items you need to get off brain
- Lower house lights and sound
- Relaxing music or silence
- Make herbal tea or hot water
- Prepare bedroom for sleep (all light sources blocked, temperature lowered, bedside surfaces decluttered)
- Do evening ablutions/self-care in ritual way
- Restrict bedroom light to candlelight or low light
- Optional reading (paper book) with reading light, but nothing disturbing, emotionally charged, or hard to put down
- Share best part of day or happy thing with partner
- Focus on muscle relaxation and breathing
- Have a mantra (e.g., "this was a good day and now it's time to rest")
- Allow for space between wake and sleep (don't panic or clock-watch)

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