

Evening Wind-Down

Developing a wind-down routine in the evening helps stabilize mood and deepen sleep. To help you wind down at night, think of activities that are passive, meditative, relaxing, or just boring. These activities shouldn't compel you to stay up late doing more and more. They often have no goal other than to lull you into sleep. Examples include:

- Mindfulness meditation
- Journaling
- Visualizing pleasant scenes or abstract shapes
- Stretching
- Deep or rhythmic breathing
- Reading a dull book
- Doing a repetitive, boring chore
- Preparing clothes or food for the next day

What's right for some is wrong for others. For example, people who enjoy getting things neat and straight might find that folding clothes winds them up, while for others it's a bore. What are some activities that could help you wind down at night?

In contrast, you want to avoid energizing activities at night. Move those things to the morning where they will help you wake up faster. The following are some examples of energizing activities:

- Problem solving
- Worrying
- Exciting projects
- Intense conversations
- Shopping
- Entertainment