Landing the Plane of Sleep—Build a Sleep Routine.

When it’s time to sleep, wind down like you are landing a plane; your brain is not a light switch. In other words, create a sleep routine so that your brain anticipates shutting down.

1. **STEP ONE:**
   Stop activating activity at least one hour before bedtime.
   - Turn off gaming and television
   - Close computer and phones

2. **STEP TWO:**
   Engage in calming rituals
   - Stretch
   - Read, journal or meditate

3. **STEP THREE:**
   Relax the Body
   - Count deep belly breaths and start back at one if you lose count
   - Starting with your feet and working toward your head, focus on imaging the muscles melting into the bed until you have relaxed your body to sleep.

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