

Set Yourself Up for Better Sleep

Supports: Building Block 15 — Sleep & Nighttime Eating

Why It Matters

Sleep is one of the most powerful resets your body has. While you rest, your body repairs itself and recharges for the day ahead, and quality sleep shapes far more than how tired you feel. It influences your mood, your focus, your patience, and even your appetite and cravings the next day. When you are running short on rest, small things can feel harder and choices can feel foggier. The good news is that a few simple habits can make falling asleep, and staying asleep, a lot easier.

What to Know

Build a wind-down routine

Your body settles more easily when the end of the day feels calm and predictable. Give yourself a gentle runway into sleep instead of going straight from a busy evening to lights out. Prepping a few things ahead of time also quiets that racing to-do list that tends to show up the moment your head hits the pillow.

- Get tomorrow ready tonight: lay out clothes, pack bags, or prep breakfast so your mind can rest.
- Keep a consistent bedtime and wake time, even on weekends, so your body learns the rhythm.
- Make your bedroom a place for sleep, keeping it cool, comfortable, and calm.

Mind the light, screens, and caffeine

What you do in the hours before bed matters as much as the routine itself. Bright screens and stimulants can keep your body wired when you are trying to unwind, so a little timing goes a long way.

- Ease off caffeine and sugary drinks by early afternoon; water or decaf tea are easy swaps later in the day.
- Power down TV and devices a while before bed so the bright light does not signal your brain to stay awake.
- If you exercise, notice how a late workout affects you; some people sleep better when vigorous activity finishes a couple of hours before bed.

Keep meals earlier when you can. Eating a large meal or snacking heavily right before bed can leave you less comfortable as you try to settle. Wrapping up eating a bit earlier in the evening may help you rest more easily, so aim for a light hand at night if late eating leaves you restless.

You do not need to overhaul everything at once. Pick one or two of these to try this week and notice how your mornings feel.

Try This

Take a few minutes to look honestly at your current sleep routine. Thinking through your typical night can reveal one small change that could make the biggest difference.

- ? About how many hours do you usually sleep, and do you have a regular bedtime and wake time?
- ? When do you tend to stop using screens, having caffeine, and eating at night, and how might adjusting one of those help?
- ? What is one consistent thing you could do this week to improve your sleep routine?