



CRAFTING A PERFECT  
BEDTIME ROUTINE:

# WIND DOWN TO WAKE UP RENEWED

SCAN ME!



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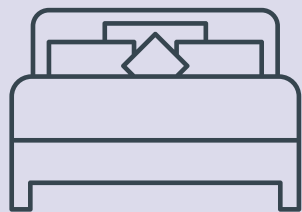
# 5 STEPS TO BUILD YOUR BEDTIME ROUTINE



## Step 1: Assess Your Current Habits

Track your habits for one week.

- Note bedtime, wake time, energy levels, and disruptors.
- Identify pain points like racing thoughts, late snacks or the arrangement of your bedroom.
- Consider—what can I improve, reduce, eliminate or include?



## Step 2: Optimise Your Sleep Sanctuary

Assess and invest in the experience.

Consider:

- Texture: linens and pyjamas
- Temperature: 15-21c
- Lighting
- Quiet



## Step 3: Set Your Fixed Wind-Down Window

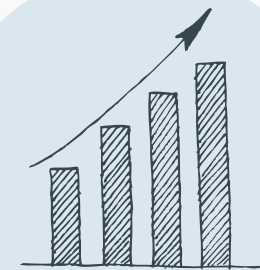
Choose a non-negotiable start and end time, based on your wake goal.

Include at least 30-60 minutes of device free time before lights-out.



## Step 4: Personalise Your Pre-Sleep Rituals

- Next day prep
- Snack or drink
- Gentle physical activity
- Warm bath or shower
- Aromatherapy
- Massage
- Reading
- Soothing sounds
- Journaling



## Step 5: Monitor and Adjust

Continue to track key sleep measures for a set time period.

Reflect and adjust to continue to build the most effective routine.

Consider an accountability buddy who can follow process along with you.





## 1. ASSESS YOUR

# CURRENT HABITS

	WAKETIME	DAYTIME ENERGY	BEDTIME	SLEEP QUALITY	DISRUPTORS	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

What patterns do I notice?

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What are my pain points?

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What can I improve, reduce or eliminate?

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## 2. OPTIMISE YOUR

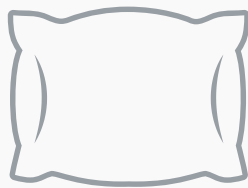
# SLEEP SANCTUARY

### Bedroom Audit Checklist

- ☐ *Linens/PJs: Soft, Breathable, Clean*
- ☐ *Mattress/Pillows: Comfortable? Upgrade Needed?*
- ☐ *Temperature Check: Fan/Window*
- ☐ *Lighting: Dimmable Bulbs, Incidental Lights?*
- ☐ *Noise: Earplugs Handy*
- ☐ *Phone: Do-Not-Disturb Mode/Reduce Notifications.*
- ☐ *Other: Tidy Clutter*

### My Setup Improvements

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



### Sketch Your Ideal Bedroom Layout

### 3. SET YOUR

# WIND-DOWN WINDOW

My ideal sleep duration  
is \_\_\_\_ hours

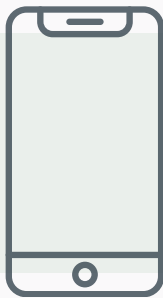


Wind-down window *start* time \_\_\_\_

Wind-down window *end* time \_\_\_\_



Device free time from \_\_\_\_ to \_\_\_\_  
Alarm/Reminder Setup: Y/N



#### 4. PERSONALISE YOUR

# PRE-SLEEP RITUALS



### PREP TOMORROW'S ESSENTIALS

Lay out clothes  
Pack bags



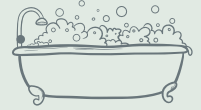
### LIGHT SLEEP-FRIENDLY SNACK OR DRINK

Herbal tea  
Banana with almond butter



### 5-10M PHYSICAL RELEASE

Stretches, gentle yoga, progressive  
muscle relaxation, breathwork



### WARM BATH OR SHOWER



### BOOK OR MAGAZINE



### PARTNER MASSAGE



### SOOTHING SOUNDS

*Try Me!*



### JOURNALLING OR BRAIN DUMP

What's 3 things you achieved today?  
Note anything occupying your  
thoughts for future you



### AROMATHERAPY

Spritz with calming  
lavender essential oils  
or light a candle

*Pick Me!*

## MY PRE-SLEEP RITUALS

## 5. MONITOR AND

# ADJUST

*Week One*

Successes

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Challenges

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Tweaks for next week

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	DAYTIME ENERGY	PRE-SLEEP RITUALS	BEDTIME	SLEEP QUALITY	DISRUPTORS	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

## 5. MONITOR AND

# ADJUST

*Week Two*

Successes

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Challenges

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Tweaks for next week

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## 5. MONITOR AND

# ADJUST

*Week Three*

Successes

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Challenges

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Tweaks for next week

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