



FaithWorks Counseling

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Creating a Healthy Sleep Routine (Adult Guide)

Improve your sleep by training your brain and body to rest consistently

Why a Sleep Routine Matters

A consistent routine helps regulate your circadian rhythm (your body's internal clock), making it easier to:

- Fall asleep faster
- Stay asleep longer
- Wake up feeling more rested
- Reduce anxiety and irritability

Step 1: Set a Consistent Sleep Schedule

- Go to bed and wake up at the same time every day (yes—even weekends)
- Aim for 7–9 hours of sleep
- Avoid “catching up” on sleep by oversleeping

Step 2: Create a Wind-Down Routine (30–60 minutes before bed)

Train your brain that sleep is coming by doing calming activities:

Choose 2–3 of the following:

- Warm shower or bath
- Reading (non-stimulating material)
- Gentle stretching
- Deep breathing (4-7-8 or box breathing)
- Prayer, meditation, or devotional time
- Listening to calm music or white noise

Step 3: Reduce Stimulation

- Turn off screens 30–60 minutes before bed
- Avoid social media, news, or emotionally triggering content
- Dim lights to signal your brain it's time to rest

Step 4: Watch What You Consume

- Avoid caffeine 6–8 hours before bed
- Limit sugar and heavy meals late at night
- Reduce alcohol (can disrupt sleep cycles)
- Drink less fluid right before bed to avoid waking up

Step 5: Make Your Bedroom Sleep-Friendly

- Keep room cool, dark, and quiet
- Use blackout curtains or a sleep mask if needed
- Reserve your bed for sleep and intimacy only
- Avoid working, scrolling, or watching TV in bed

Step 6: Manage Racing Thoughts

If your mind won't slow down:

- Keep a "worry journal" by your bed
- Write down:
 - What's on your mind
 - What you'll do about it tomorrow

Try this coping statement:

"I've done what I can for today. Tomorrow is another opportunity."

Step 7: If You Can't Sleep

- If awake longer than 20 minutes, get out of bed
- Do something calm (reading, breathing, prayer)
- Return to bed when sleepy

Step 8: Support Your Sleep During the Day

- Get morning sunlight (10–20 minutes)
- Exercise regularly (but not right before bed)
- Avoid long naps (limit to 20–30 minutes)

Optional Faith-Based Addition

- Evening prayer: releasing worries and seeking peace
- Scripture for rest:
In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety. – Psalm 4:8

Simple Starter Routine Example

- 9:30 PM – Turn off screens, dim lights
- 9:40 PM – Shower + comfortable clothes
- 10:00 PM – Read or devotional + breathing exercise
- 10:15 PM – In bed, lights out

Key Reminder

Consistency is more important than perfection. Small changes practiced daily lead to better sleep over time.