

Better Sleep Toolkit

The goal isn't to create a perfect bedtime routine. It's to give your body and brain more consistent signals that night-time is for slowing down, restoring and sleeping.

Tips for a better sleep

Keep your wake time consistent

1. Rather than obsessing over the perfect bedtime, start with your morning. Try to wake up at the same time each day, even after a poor night's sleep. A consistent sleep-wake schedule helps reinforce your body's circadian rhythm.
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Get morning light

2. Expose yourself to natural daylight early in the day, or even better: step outside for a short walk. Morning light provides an important signal to your circadian system that helps regulate your sleep-wake rhythm later in the day.
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Move your body during the day

3. Regular physical activity can support sleep and overall wellbeing. Try walking, Pilates, strength training, Qigong or another form of movement you enjoy. Book 1-1 sessions with Sage & Serenity for Pilates and Qigong [**Book Now**](#) The key is consistency rather than intensity.
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Create a nervous-system transition

4. Don't expect your brain to go from: emails → kids → work → Netflix → bed → SLEEP. Give yourself a transition and try creating a 30-minute "landing zone" before bed:
 - Dim the lights,
 - Put your phone away
 - Do 5 minutes of gentle stretching and practice slow breathing
 - Read something calming
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Look at your caffeine timing

5. You don't necessarily have to give up coffee. Instead, experiment with when you drink it. If you're struggling with sleep, consider moving your last caffeinated drink earlier in the day.
Remember that caffeine isn't only found in coffee. Tea, chocolate and some other products contain it too.
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Try a longer-exhale breathing pattern

6. Your goal isn't to force yourself to fall asleep. Instead, use breathing to create a sense of safety and relaxation. Try:
 - Inhale gently for 4
 - Exhale slowly for 6
 - Repeat for 2-5 minutes.Keep the breath comfortable. No forcing or breath holding is necessary.
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