

Good Nights & Mornings

SLEEP AND MORNING ROUTINE
WORKBOOK FOR MORE BALANCED DAYS
MINDFULLY WELL WITH HAILEY

Hailey 

[HAILEYHEISHMAN.COM](https://haileyheishman.com)

After 9PM, what does your night consist of?

List everything you do after 9PM on a regular night:

How many days a week do you participate in the following after 9pm:

cellphone use	0	1	2	3	4	5	6	7
watching television/netflix	0	1	2	3	4	5	6	7
eating	0	1	2	3	4	5	6	7
drinking alcohol	0	1	2	3	4	5	6	7
exercise / intense activity	0	1	2	3	4	5	6	7
in bed by 10pm:	0	1	2	3	4	5	6	7

Bedtime Tracking

PLEASE DOCUMENT THE TIME YOU GET INTO BED FOR 1 WEEK AND ANY NOTES RELATED TO THAT DAY:

1	
2	
3	
4	
5	
6	
7	

What do your mornings consist of?

List everything you do when you wake up:

How many days per week do you participate in the following within the first 2 hours of waking:

cellphone use	0	1	2	3	4	5	6	7
watching television/netflix	0	1	2	3	4	5	6	7
eating	0	1	2	3	4	5	6	7
rushing out the door	0	1	2	3	4	5	6	7
exercise / intense activity	0	1	2	3	4	5	6	7
"you time" journaling, stillness, reflecting, contemplation	0	1	2	3	4	5	6	7

Wake Time Tracking

PLEASE DOCUMENT THE TIME YOU WAKE UP FOR 1 WEEK AND ANY NOTES RELATED TO THAT DAY:

1	
2	
3	
4	
5	
6	
7	

Crafting a routine that works for you:

NIGHTS:

What time would you like to go to bed each night?

What is one thing you could do each night to help yourself wind down?

What is one thing you will STOP doing each night?

MORNINGS:

What does your ideal morning look like?

How does your "ideal" morning routine make you feel?

What is one thing you will STOP doing each morning?

Simple Ways to Improve Your Routine:

NIGHTS:

- Buy an outlet timer that plugs into the wall outlet where your wifi router is located
- Set your cellphone to automatically switch to "night mode between 10pm-8am
- Plug your phone in across the room or in another room if you have an alarm clock
- Buy blackout curtains and sleep in a cool, quiet, pitch-black room
- Buy a weighted blanket
- Drink nighttime tea before bed to help you fall asleep
- Write out all of the thoughts running through your head into a journal
- Practice gratitude
- Meditate, pray, or sit in stillness
- Take an epsom salt bath before bed to help you wind down
- Get a salt lamp as your bedside light
- Aim to be in bed for 8 hours per night (this isn't sleeping, this means in bed, winding down plus sleeping and waking)
- Plan for tomorrow now so that the morning goes smoothly

MORNINGS:

- Get out of bed as soon as you wake
- Write down in dreams you had in your journal
- Go easy on the lights and noise. You can do this by investing in light dimmers or lamps instead of switching the lights on full bright (remember, we used to rise and fall with the sun)
- Stop drinking caffeine after noon each day
- Take some time for yourself (sitting in stillness, reading, writing, moving, whatever would ground you for the day)