



Bedtime Routines for Adults



Overview/Description:

Adults worldwide are sleep deprived. One way to get better sleep is to improve the process of getting to sleep, by using a pleasant and effective bedtime routine. This workshop provides a closer look at simple routines that can end the day in a calming, mindful way; going-to-bed techniques that promote quality sleep, including opportunities to practice.

Workshop Objectives:

This training will:

- Consider the benefits of bedtime routines
- Discuss techniques to build bedtime routines that encourage quality sleep
- Practice techniques like deep breathing, gratitude, and others
- Focus on bedtime routines that are enjoyable and sustainable



TARGET AUDIENCE:

ANYONE LOOKING TO REVIEW PROVEN TOOLS FOR GETTING TO SLEEP



EXPECTED DURATION:

45-60 MINUTES



LIVE ASSISTANCE

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