

NIGHT ROUTINE

Your Evening routine sets You up for Your Morning routine ! It can be as strict and set as you like or you can use mini routines within your main routine just like for the morning to still be flexible depending on what unfolds during your week.

Here are some tips you can use for winding down from your day

- consider Your situation - have you got young / older children, pets, a partner, live with extended family, flatmates, flying solo etc
- if you feel stuck try working backwards : work out what you would love to do for your morning routine and what time you would like to wake - then work out what time is your cut off for going to bed to ensure you get enough hours of sleep, including the time it takes to fall asleep
- ideally its best to be winding down and getting ready for sleep between 8 and 10 pm to help your internal organs begin their recharging and detoxifying processes : see the **Chinese Medicine Horary Clock** for guidance - this is fascinating and helps us work WITH natures natural cycles
- keep it as easy as possible - make it light and keep some space for fun too - connecting with others and / or self (family, friends, calls, self time)
- as the sun goes down join nature in the winding down process - utilise soft light through lamps and yellow bulbs (avoid harsh white light bulbs)
- always have your phone on '**night mode**' (= orange screen which you can pre-program to start automatically) and utilise the free app for your computer called '**Flux**' which makes a much softer light - your eyes will thank you! You can also use blue light blocking glasses
- avoid intense stimulation : loud heavy music, intense noise etc especially if you are feeling tired, a little depleted and are in a stage of your life where you are wanting to replenish your stores
- spoil yourself with good quality sheets and bed covers and a good mattress and comfy pillows - we spend way too much time in bed to not splurge on these essentials
- it can be good to have a set time for eating dinner to build some good structure for you nights - plus your digestion and sleep will love this
- a set time to have everything done by can be helpful too (e.g. clean up, stuff ready for the morning etc.) so you can enjoy and wind down for the evening
- tidying your house and kitchen before bed - this is an obvious game changer, it's so nice to wake up to a clean house and kitchen and start your day fresh
- lay out anything that may help your mornings run smoother : lunches packed, uniform / work wear ready, bag packed, breakfast prepped etc.
- prepare a **to-do list** for the next day (or your week) this helps you have unbroken sleep (!) and ensures you don't need to bother your mind with remembering random things while you're trying to rest

- create a beautiful minimalist self care face routine - you're worth nurturing !
 - prepping your face for your beauty sleep should be an important point of your night routine - and it doesn't need to be crazy and super involved
 - I prefer a simple oil cleanser and bamboo cloth, oil for night time and using a gua sha and jade beauty roller. This whole routine takes not even 5 minutes and I use both the jade beauty tools while I'm in bed - I keep them next to my bed so it's easy to remember to use them before I sleep
- journaling = writing at night can help clear your mind for a deeper and more restful sleep plus evening is the perfect time to reflect on your day to start fresh tomorrow
- you may like to raise your legs at the end of the day - creating an 'L' shape with your legs against the wall (shuffle your butt right up to the wall too) helps lymph and blood circulation, calms your nervous system, calms your mind and relaxes the whole body - you can do this while you're reading a book, journaling or just relaxing
- set a **happy alarm** !!!!!
 - this is a must : choose a nice calming song as your alarm, this sets the tone of your mood all day - trust me it's totally worth doing - there's nothing worse than sitting upright after being shocked out of a deep sleep !
 - name your alarm e.g. *"Good Morning beautiful xx"*
- its important to mention here to **avoid SNOOZING !** We get a spike in cortisol (one of our stress hormones) when we first wake and see light. Snoozing makes us sleepier and gives you that hungover lethargic feeling
- avoid devices in the last 1-2 hours (if not more) before bed, especially if you struggle falling asleep quickly (and staying asleep) - a projector is also a great alternative to a TV or laptop for watching movies or shows - plus its cheaper and is nice not to have a TV as an eye sore in the home
- **some easy tools to assist better and deeper sleep**
 - high quality practitioner only magnesium - this is the 'oral' form (avoid magnesium citrate unless you have been prescribed this)
 - magnesium oil : apply this anywhere on your body although at night its great to apply on your feet - this is the 'topical' form
 - a sleepy or calming tea to help calm the nervous system (if you regularly wake to urinate then have tea much earlier or avoid excessive fluids before bed)
 - listen to a short sleep meditation or body scanning meditation
 - read a few pages of a book
 - apply a few drops of lavender essential oil to the soles of your feet - works great for kids too
 - write anything down that is swirling in your head or any emotions that you feel are consuming you right now - these thoughts and feelings are the culprits preventing you from getting the best sleep you can and feeling recharged when waking !
- Let go ! - the world can wait - your rest is the most important thing during the night

SELF CARE + NON-NEGOTIABLES

The *link* between the 4

Incorporating Self Care into our Routines and making them Rituals and Non-Negotiables

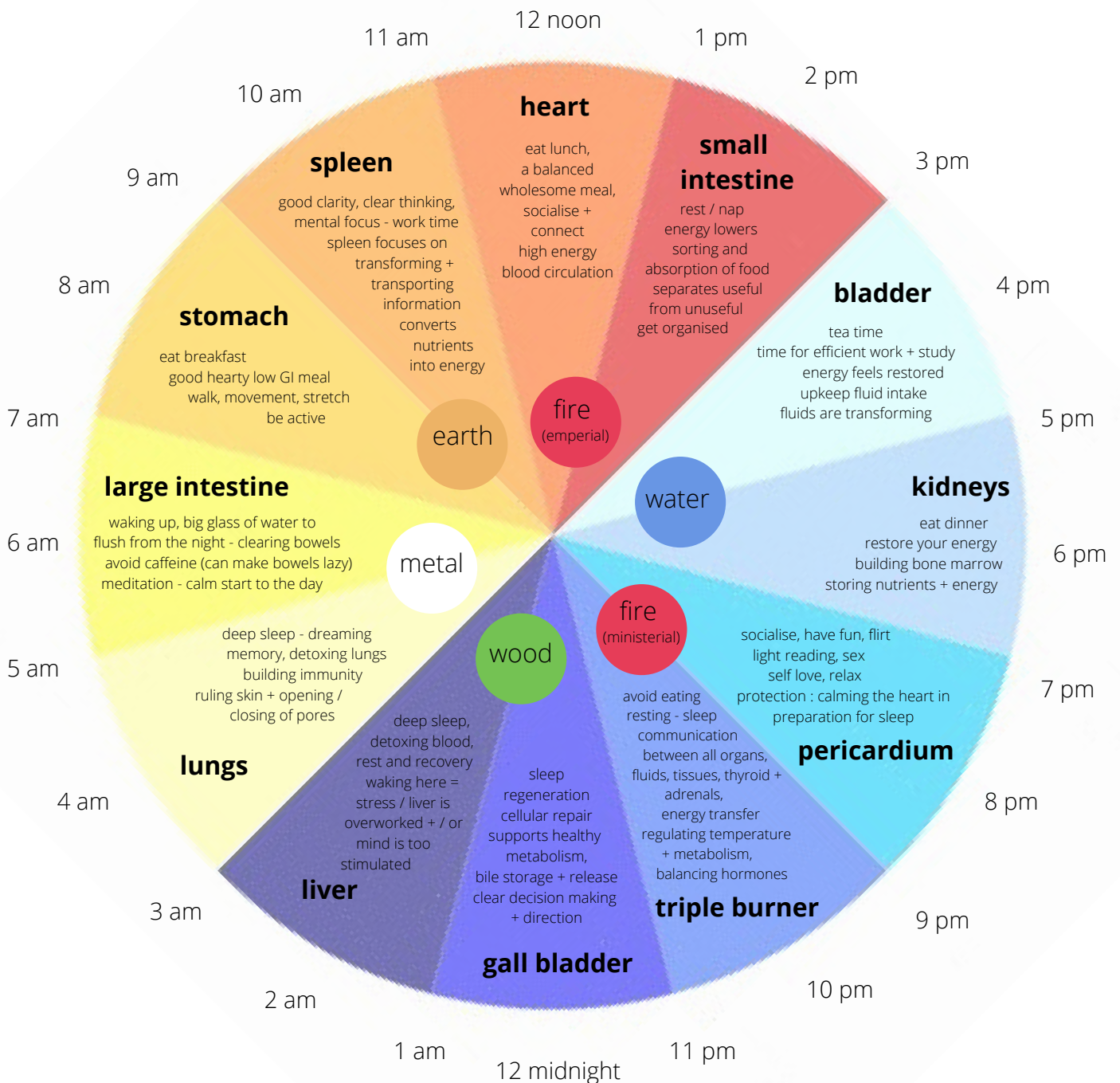
Why do this ?

- to feel supported at all times
- to make time for You = having a Routine allows us to keep our cup level more balanced before it becomes dangerously low
- to use our Routines + Rituals as our 'tools'
- if we have a strong routine in place it can be taken with us when we are away for the weekend etc. and can still be continued during times when life is 'fuller' = when it has become a **non-negotiable** it is in 'place' and other life areas can be tweaked instead if needed e.g. still continuing with our morning routine and instead socialising less that week, reducing Netflix / movie / podcast time etc
- to create balance, flow and a cyclical state of living = just as in mama nature = everything in nature is cyclical = the more we as humans follow nature the more in tune and aligned we become = more peaceful and still



Chinese Medicine Horary Clock Circadian Rhythm

most yang time



most yin time



MODULE 5 + 6 RECAP

- use **point form or a table format** with the times next to each thing if you prefer set times for both of your morning and night routines to keep you on track and feeling organised
 - create your version of a 'feel good' **morning routine** - see where you could have mini routines if needed to still feel supported by having a morning routine (if you're feeling stuck with what to do check '**if you're a little stuck**' section)
 - create your version of a 'restful and calming' **night routine**
- remember : you can change your routines whenever you like. I think it's important to at least start with something small each morning and build on it**
- utilise the '***tips you can use for winding down from your day***' to feel more relaxed and move with nature
 - incorporate '***some easy tools to assist better and deeper sleep***' to ensure you are getting a restful recharge
 - set a **happy alarm** + **avoid snoozing** + **work backwards** from your night to ensure you have enough time for your morning
 - utilise '**night mode**' on your phone, '**flux**' on your computer and create a **to-do list** if needed
 - train and teach others the routines + rules
 - figure out what your non-negotiables are (keep it simple to start)
 - utilise the wisdom of the '**Chinese Medicine Horary Clock**' to guide you how nature moves to best support you and your circadian rhythm