



A PEACEFUL PATH
HYPNOTHERAPY & RELAXATION

Sleep Routine Reset

Morning Routine (starting from wake-up time)

- Get sunlight within 20–30 minutes of waking.
- Delay caffeine until 90 minutes after waking.
- Move your body for 20–30 minutes (walk, stretch, or light exercise).
- Then check your phone.

Choose: What time will you wake up consistently each day?

Daytime Habits

- Stay active – regular movement spread throughout the day.
- Stay hydrated and eat balanced meals.

Choose: What movement or activity will you plan into your day?

Evening Routine

- Dim the lights 1–2 hours before bed.
- Step away from screens or use blue light filters.
- Create a calming wind-down ritual (stretching, shower, or breathing practice).

Choose: What will your evening wind-down look like?

Night and Sleep Cycle

- Aim for bedtime between 10–11 pm (if waking at 7 am).
- Listen to Sleep Meditation – if that is part of your routine.
- Aim for 7.5–9 hours of sleep (5–6 cycles of ~90 minutes each).

Choose: What time will you go to bed to allow for 7.5–9 hours of sleep?

Understand

Adenosine builds while you are awake, creates sleep pressure to help you fall asleep, and is cleared during sleep so you wake feeling restored.

Melatonin release begins ~13–14 hours after waking - lowering body temperature, slowing heart rate and promoting relaxation.

Sleep Cycle Example: Wake 7am → Evening Routine 20:30 → Sleep 22:00