

# LEARNING

DEVELOPMENT & SUCCESS

## Nightly Routine Worksheet

I want to be awake by:

I want to sleep for this many hours:

Therefore, I will start my routine at (approximately one hour prior to desired bedtime):

### ***Bathroom Activity***

*E.g., Shower/bathe, brush teeth, wash face*



**Time**

### ***Activating Parasympathetic Nervous System***

*E.g., Meditation, turn-off devices, non-academic reading, journaling*



**Time**

***A moment to reflect...*** 

***Something to be grateful for...***

***Something I learned today...***

***Something to improve on...***

***Tomorrow I need to...***