

Benefits of a Bedtime Routine

Sleep is important for our overall health and well-being. Establishing a bedtime routine for you and your children will help you readjust for back-to-school season. Bedtime routines help us build a regular sleep schedule and ensure that we receive enough rest for our physical and mental function and development.

Here are some benefits of having a bedtime routine:

- 1. Increased energy throughout the day.**

It is important to get the right amount of sleep to feel rested. Adequate sleep helps to reduce feelings of drowsiness or tiredness which helps you stay more alert, active, and engaged throughout the day.

- 2. Strong attention and focus.**

Having a routine creates a regular sleep schedule, ensuring that we wake up and go to bed at the same times every day. This makes it easier for us to stay awake and alert, as the consistency helps regulate our body's internal clock.

- 3. Successful academic and work performance.**

Good or restful sleep improves cognitive functions such as problem solving, memory, and information retention, which are all important for learning and performance.

- 4. Emotional stability.**

People with a bedtime routine are more likely to have rested and uninterrupted sleep, which can help reduce stress and anxiety. Having emotional stability can help us thrive in our day-to-day life.

A good bedtime routine can include relaxing activities such as taking a warm shower or bath, brushing teeth, reading a book, journaling, meditation, and singing lullabies. Add some of these to your bedtime routine and see what works best for you!



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