

Resource Guide



[October 2025]

Ways to wind down before bed

- Transitioning from the chaos of the day to a calm evening is not always easy. Reserving some time to wind down for the night gives your body and mind a gentle nudge that it is time to relax. Here are some practices you might include in your wind down routine:
 - Avoid 'clock watching' and worrying about not sleeping
 - Put away screens 2 hours before bed
 - Avoid heavy meals 3 hours before bed
 - Create a relaxing environment that is dark, quiet, and cool
 - Engage in calming activities like guided meditation or reading sleep stories



Learn more about sleep hygiene from the [Centre for Addiction and Mental Health](#).