



6 Habits of Highly Successful People Before Bedtime

1. Read for an hour

Taking time to read before bed can help to reduce stress and improve memory. You can increase your knowledge too. A 2009 study from the University of Essex revealed that reading for as little as 6 minutes a day can reduce stress levels by up to 68%.

2. Unplug

Staring at your phone scrolling through Facebook, Twitter and Instagram right before bed can actually disrupt your body's natural sleep rhythms. The bright light from your phone screen can actually trick your body into thinking its daytime. Your brain will cease to release chemicals needed to fall asleep, making it much more difficult. Avoid using your phone for at least an hour before you go to sleep.

3. Take a walk

Fresh air and a little exercise before you go to sleep can help your brain relax and make you feel more tired. This can help you to fall asleep faster.

4. Meditate

Allowing yourself to stop at the end of the day and reflect on the events that transpired allows you to take in the good and release the bad. This allows your brain to slow down and focus on relaxing.

5. Get creative

Often times the quiet of night can be the perfect remedy for a creative block. Before bedtime take a moment to journal, write something or even draw. Your brain is able to think more freely when you are tired at the end of the day.

6. Plan the next day

Before bed take time to plan what you want to accomplish the next day. That way, when you wake up the next morning, you are organized and you know what needs to be accomplished.

Sources:

Robinson, T. (n.d.). 6 Habits Of Highly Successful People Before Bedtime. Retrieved May 28, 2015, from <http://www.lifehack.org/articles/productivity/6-habits-highly-successful-people-before-bedtime.html>

Reading reduces stress levels. (2012, August 12). Retrieved May 28, 2015, from <http://www.kumon.co.uk/blog/reading-reduces-stress-levels/>

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