

My Morning Routine

Feeling Fit, Groomed, and Ready to Go!

Write out the steps for your personal and individualized morning routine:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Now you'll create a similar list for evening that will help you get ready for bed.

This checklist will help you prepare your brain and body for a good night's sleep. It will allow you to get organized for the next day, then settle and calm down as you prepare to sleep.

Be sure to include things like:

- Planning the night before for the next day.
- Packing up your backpack the evening before class and putting it and your keys by the front door.
- Having multiple backpacks for different days of the week.
- Taking all night time medications.
- Doing stretching, yoga, or meditation, pray or anything that will help you “unwind.”
- Preparing a nice warm drink like hot cocoa or heated milk.
- Doing nightly hygiene routine, and plan to get at least 6 to 8 hours of sleep each night.
- Turning off all electronics – putting your cell phone, iPad or anything else you might be tempted to turn on in the “middle of the night” in a night stand or desk drawer.
- Set two or three alarm clocks (at least one should be away from the bed), if necessary.

Here's a handout that you can put on your bulletin board or tape to your bedroom door to help you remember your "getting ready for bed" routine.

Evening and Bedtime Routine

Brains like routines. Getting ready for bed using the same routine every night allows your brain to settle and calm down and allows for a peaceful and restful night's sleep.

Write out the steps for your personal and individualized evening and bedtime routine:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Taking Medications

The last thing you need to have a very important routine for is taking your medications. This will help you remember why you take your medications, when to take them, and how much to take.

And remember ... Each of us has a brain that has trouble remembering things. Sometimes, depending on how your brain works, you might feel anxious, worried, sad, or engage in hyper-activities. Doctors have developed medications to help you find balance. However, they will not work unless you take them at the same time each and every day of the week. It's good to have a routine that you can write out and refer to each day so that you can help your brain by taking your medications on time. This chart can help you remember why you take certain medications, what time to take the medication, and the amount you are to take each day. You can also program your smart phones, and use apps that will help you remember this information as well.

Medication	Reason I Take This	Time of Day I Take It	Amount I Take