

# Sleep Routine



The 5 Senses Sleep Routine taps into senses in order to help your body and mind re-wire to know when it is time to rest!

Hear

Taste

Touch

See

Smell



# Sleep Routine Example

The 5 Senses Sleep Routine taps into senses in order to help your body and mind re-wire to know when it is time to rest!

Hear

**certain music, white noise, fan**

Taste

**toothpaste, tea, smoothie**

Touch

**specific blanket, stretching, facewash routine**

See

**outside walk or sit, calming photo, book**

Smell

**body wash, calming spray, diffuser**

**set times  
and create  
a schedule**

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