

When Bedtime Is the Hard Part

For when the thought of going to bed makes you want to stay up instead.

WHEN TO USE THIS

Use this in the early evening, before the dread sets in.

What happens in you when you notice bedtime is getting close?

How much do you dread going to bed?

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Not at all

I put it off for hours

What is the hardest part - the dark, the quiet, being alone, or the lying there?

What would make your room feel a little easier tonight?

A lamp left on, a door open, music low, someone nearby.

Bed can be a hard place to go. Making it kinder counts as working on your sleep.