

CouRage Challenge 4: Turn off

This challenge encourages you to turn off your phone or notifications before sleep, which can reduce anxiety and promote a healthier sleep.

Stop using your phone or tablet an hour before your planned sleep time. If it helps, put your phone in another room, or set it to Do Not Disturb so it only rings in an emergency.

Wind down: during this hour, try something calm, like a meditation, a book, or music or a podcast on a low volume. Keep the lights low to signal to your body that it's time to prepare for a good night's sleep.

My planned sleep time

My wind-down activities

Nights I turned off

☐ Night 1 ☐ Night 2 ☐ Night 3 ☐ Night 4 ☐ Night 5 ☐ Night 6 ☐ Night 7

How I slept and felt

☐ *I did it! I CouRaged!* **Date**

© Melissa Sugden