

## SUCCESSFUL PEOPLE TELL US 9 THINGS TO DO BEFORE BED



**Summary:** Success comes with hard work and practice. Getting enough good sleep will help success come easier.

Successful people understand what they do affects their daily activities and what they do before bed affects how the next day will go. Your mood and energy levels are influenced by how well and how much sleep you get the night before. Someone that is delirious from a lack of sleep will make mistakes and miss opportunities, leaving them unsuccessful.

Implement these activities into a bedtime routine similar to what many successful people in the world do.

1. Read

Experts suggest making **reading the last thing** you do before bed. This reading does not have to be about your industry. Read about your passion or something completely new that can foster greater creativity in your life. Just read whatever you enjoy reading about.

2. Make a to-do list

Making a list clears your mind so that you can get a good night sleep.

3. Spend time with family

**Take time to be with your partner**, talk with your kids, or play with your pets. Author Laura Vanderkam says, "Not everyone can go to bed at the same time as his or her partner, but if you can, it's a great way to connect and talk about your days."

4. Reflect on the day

Take time before bed to think about or write down three things from the day that you appreciated. A "gratitude journal" will help you see your progress and stay motivated during tough times.

5. Meditate

Even ten minutes before bed to **meditate can relax your body** and your mind.

6. Plan out sleep

Make it a priority to sleep. An easier way to make sure you are getting enough sleep is to set a bed time for yourself. This is also healthy for your body to keep a consistent sleep pattern. Base when you go to bed on when you need to get up in the morning so that you can be sure you are getting enough sleep.

7. Unplug and disconnect from work

You have to take a break from work. Right before bed is the best time to do this. Bedtime is supposed to be a time to relax, not be stressing about work problems.

8. End on a positive note

Don't let the negative thoughts from work be the last thing you think about before bed. Ponder the positive things from the day so that you go to sleep happy instead of negative.

9. Picture the success of tomorrow

Envision how successful tomorrow will be before bed. This will help you prepare for the next day by seeing how things can turn out.

Photo: huffingtonpost.com