

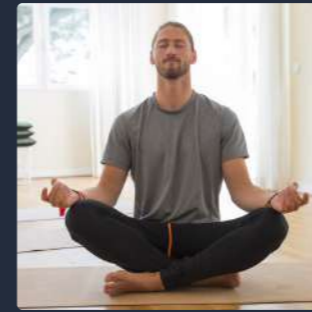
# Ultiself Wind-Down Routine

Do you know how to create a smooth transition between your daily activities and your relaxing time? Check out this simple but powerful routine!



**Reading** - Reading promotes emotional intelligence, which helps to manage stress and anxiety.

**ACTION** - Read a book after your daily activities for at least 30 minutes.



**Meditation** - Meditation helps to reduce stress by decreasing sympathetic overstimulation.

**ACTION** - Meditate for at least 5 minutes on a regular basis.



**Stretching** - Stretching decreases muscle tension, which promotes relaxation.

**ACTION** - Stretch for at least 10 minutes every day before bedtime.



**Digital Sunset** - Smart devices generate excessive stimulation and a state of alertness.

**ACTION** - Avoid looking at screens altogether for 1 hour before you go to bed.



**Wear Blue Light Blocking Glasses** - Short wavelengths, such as blue and violet light, interfere with the production of melatonin.

**ACTION** - Wear blue light blocking glasses at night if you are going to use any screen.



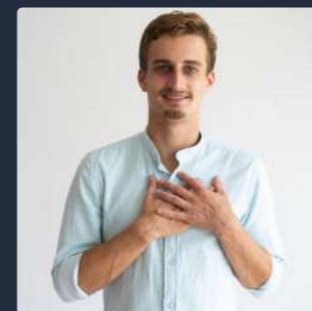
**Drink Lemongrass Tea** - Lemongrass has a mild sedative effect, which helps you fall asleep.

**ACTION** - Drink a cup of lemongrass tea before going to sleep.



**Listen to Classical Music** - Music helps to decrease the tension by redirecting attention to less stressful stimuli.

**ACTION** - Listen to classical music after your daily activities.



**Gratitude** - Gratitude promotes well-being by focusing on the positive aspects of life.

**ACTION** - Journal what you are grateful for on a regular basis.