

BEFORE BED REMINDERS

1. Pick up around the house:

Living room

Kitchen

Dining room/entrance

2. Plan for Tomorrow:

Check Calendar

Gather up things needed for the morning and put them in a visible spot.

Mentally plan breakfast.

Pack lunches if needed.

Pre-prepare for tomorrow night's dinner if possible.

Plan clothes for tomorrow: Launder, iron or mend if needed.

3. Get ready for bed:

Take vitamins or medications.


Brush teeth.

Wash and moisturize face.

Put on PJs.

Relax: read, watch tv, listen to music, meditate

Go to bed at a decent time.



The Before-Bed Routine is the most important routine of the whole day. Set a regular time to do your Before-Bed Routine, then do it — starting tonight. I start mine as soon as dinner is complete. Others start theirs in the afternoon while they are getting supper ready. It is up to you. — FlyLady