# Sleep and Routines
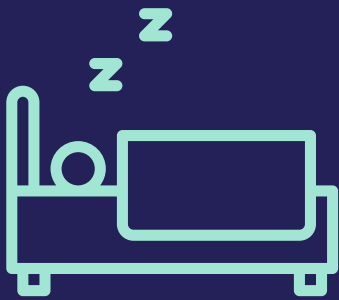
The easiest way to ensure you get good, healthy sleep is to stick to a **consistent sleep schedule.** Go to bed and wake up at the same time every day, including weekends. It's hard, but it's **worth it.**

Keeping to a **nightly routine** has been shown to provide better sleep quality and trigger feelings of tiredness, which aid in going to sleep.

A nightly routine is anything that you do **consistently** every night, including washing your face, brushing your teeth, reading a book and/or journaling. **The key is regularity.**

Both consistent routines and healthy levels of sleep **reduce stress.** Routines are a simple way to get more restful, less disrupted, and more efficient sleep.

Sources:
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