



## Power Down Hour

**What** Power Down at the end of your Day

**When** At the end of your Day

**Why** Has a centering and grounding effect. Slows down an overactive left brain. Brings an overactive right brain to focus. Very calming

**How**

- 1<sup>st</sup> 20 minutes: Set up for the next 24 hours: Get your food ready that you take to school or work, set aside any items you need, and prepare anything else you need for the next 24 hours
- 2<sup>nd</sup> 20 minutes: Practice your personal hygiene: wash your face, shower [if you shower at night], brush your teeth, and so on
- 3<sup>rd</sup> 20 minutes: Wind down before bed: read an actual book [not Facebook or surfing on your mobile smart devices] – prolonged exposure to Electro Magnetic Fields {EMFs} from electronics can negatively affect your sleep patterns. Or meditate [you can use your phone to guide the meditation, just don't be on it]

Some good meditation/apps/resources include:

- Calm
  - Headspace
  - Esther Hicks
- Put your phone, computer, television, out of reach so you don't touch them after your last 20 minutes. At this point you should be well on your way to good, REM-rich sleep and a happy, productive 24 hours ahead