



# Exercise: Getting out of bed and engaging in a sleep-friendly activity

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## Goal

Identify sleep-friendly activities for when you get out of bed following the 15-minute rule.

## Instructions

Try the following relaxing, low-impact activities to find one that suits you. Make a plan and stick to it.

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## Examples of sleep-friendly activities:

- Turning down the lights
- Reading a book or a magazine
- Knitting, etc.
- Stretching
- Writing in a gratitude journal
- Doing relaxation exercises
- None of the above / something else

## My plan