My end of the day routine

The end of your day is just as important as the start to your day. I cannot tell you enough times how bad it is to lie in bed looking at screens. Social media, tv, streaming, games, they are all bad for our sleep patterns and sleep is very important for us.

I try to end each day with the following things.

1. Reading. In the book I discuss the importance of reading and how it will help you in so much you want to accomplish. I also discuss that giving yourself 45 minutes a day to read will mean you read a book a week on average.

So I would highly encourage you to put a book on the nightstand and dive into it each and every night. Research has pointed to the fact that what we put into our brains right before sleep is put deep into our subconscious and will help how your brain functions even when you are awake.

1. Prayer/meditation. This is a big one. My wife and I share our days and pray together every night. This has been a huge influence in our faith and our strong relationship. This also makes our minds more relaxed which is always good for trying to get some sleep. I find the meditation and lessons I have learned from my Tai Chi has been a huge help in being able to drift off if I find myself waking up with stuff on my mind.
2. Turn every notification sound on your phone off except your alarm. Someone in your life will be up and texting, posting, updating or calling. And you have to look after you. So turn all sounds off 30-60 minutes before bed. This is your time to get your energy and health back.

If you have any issues falling asleep one thing that is popular in our home is a night time concoction I found from Tim Ferris.

Get any night-time, sleepy-time tea. Put 2 tablespoons of organic apple cider vinegar in the cup. Add 1 tablespoon of raw, organic honey. Mix those into the tea. It may take some getting used to but boy does it knock us out in our home.

There you are! Any questions email me at mike@theheromission.com