



FLOW FOR BETTER SLEEP

Better habits throughout the day. Deeper sleep at night.

FOCUS

HABIT

HOW IT HELPS

MORNING



- 1 GET NATURAL DAYLIGHT**
Helps regulate your body clock
- 2 MOVE YOUR BODY**
Supports mood, energy and better sleep
- 3 EAT WELL, STAY HYDRATED**
Balanced meals and hydration support overall well-being

- ✔ Helps set your circadian rhythm for better sleep at night.
- ✔ Reduces stress and supports deeper, more restorative sleep.
- ✔ Stable blood sugar and hydration promote steady energy and better sleep quality.

DAYTIME



- 4 TAKE ACTIVITY BREAKS**
Short walks or movement refresh your body
- 5 LIMIT CAFFEINE AFTER 2PM**
It can interfere with your sleep
- 6 MANAGE STRESS**
Deep breathing or short breaks help

- ✔ Improves circulation, mood and daytime energy.
- ✔ Caffeine stays in your system for hours and can delay sleep.
- ✔ Lower stress helps your body and mind wind down at night.

EVENING



- 7 DIM THE LIGHTS**
Lower lighting helps your body wind down
- 8 UNPLUG & UNWIND**
Reduce screen time before bed
- 9 RELAX YOUR MIND**
Try reading, stretching or meditation

- ✔ Signals your brain to start producing melatonin naturally.
- ✔ Screens can suppress melatonin and keep your brain stimulated.
- ✔ Calms your thoughts and prepares your mind for restful sleep.

NIGHT



- 10 KEEP YOUR ROOM COOL & QUIET**
Creates the ideal sleep environment
- 11 STICK TO A SCHEDULE**
Go to bed and wake up at the same time
- 12 SUPPORT YOUR NIGHTTIME ROUTINE**
Choose habits and nutrition that support restful, melatonin-free sleep

- ✔ A cooler, quieter room helps your body stay in deep sleep longer.
- ✔ Consistency strengthens your body clock and improves sleep quality.
- ✔ A calming routine signals your body it's time to rest and recover.

CONSISTENT HABITS.
BETTER SLEEP.



Regulate Your
Body Clock



Support Your
Well-Being



Bedtime-Ready
Rituals



Improve Energy
Quality



Wake Up
Refreshed

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SINCE 1994



Discover practical sleep habits that support natural, melatonin-free rest.

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