

The Buffer Zone Video Transcript

Narrator: When your busy day is ending only moments before bedtime, you tend to drag the day's stress into the sack with you.

And if your mind is too stimulated, it's difficult to get some solid shut eye.

So, it's essential to establish a wind-down period before bedtime. Thirty to sixty minutes when you simply chill out - avoiding anything too taxing and staying away from your screens.

Just unplug and relax - go for a stroll, jot in your journal, or try knitting - as long as it calms *you* down.

This time will shift your mind and body into sleep mode, letting you leave the day far behind you and fall into a truly satisfying slumber.