

List of Activity Ideas To Do If You Are Sleepy Before Your Earliest Bedtime

- Surf the Internet (non-stressful topics only), do research for major purchases (cars, appliances, vacations).
- Watch movies or episodes of television shows that you haven't seen in a long time (no action films).
- Marinate or start to prepare food for dinner the following day and store it in the refrigerator.
- Choose clothes that you can wear for work or school the next day.
- Write thank you notes or short emails to friends.
- Take the dog for a long walk.
- Take a bath or long shower.
- Groom your pets.

