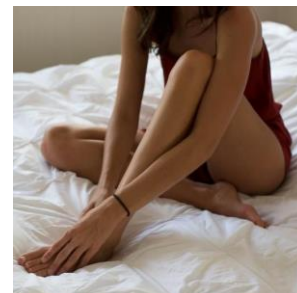


The Top 3 Before-Bed Habits For Weight-Loss Success

[POPSUGAR](#)

August 25, 2015

If your bedtime ritual is getting in the way of those skinny jeans, you're not alone! Late-night routines can ruin a day of healthy habits, winding up the scale rather than winding down your day. If you find yourself sticking to your diet throughout the day but often breaking before bed, then keep these three tips in mind to stay on track and sleep tight.



Skip the Nightcap

Although a glass of wine or your favorite cocktail might seem like the perfect nightcap to relax before bed, alcohol can disrupt your sleep, *and* it's not the best choice for your waistline. Many [drinks are loaded with calories](#), and having a sip or two often leads to the munchies. Instead of winding down in a boozy way, sip on some warm milk (try it sprinkled with cinnamon), or brew a cup of herbal tea. Or skip the bevies entirely by creating a stretching routine or practicing deep breathing through a short meditation to destress.

Map Out Your Morning

Taking five minutes to plan and pack for the next day will help you avoid temptations, making smart choices a no-brainer. Set yourself up for success the night before by planning breakfast and [packing your gym bag](#). Having everything easily within reach and ready to go means one less excuse between you and your workout, and will prevent you from quickly ordering that sugary pastry at the coffee shop.

Review Your Food Journal

Keeping a [food journal](#) is a great way to stay accountable to your weight-loss goals. Before bed, look back on your food choices from the day, noticing where you can make simple swaps and adjustments. It is also a great reminder of your hard work, becoming motivation to keep making those healthy choices!