



Wind-down routine

An Everyday Insight tool
mysleeptoolbox.com



A buffer between the day and the night. Pick a few calm, ordinary things for the last 30 to 60 minutes before bed, in dim light and away from work and bright screens. It's yours, so there's nothing to check off or score.

When it starts

About when do you go to bed?

If you have a sleep window, use its bedtime.

How long before bed?

Anywhere from 30 to 60 minutes.

Your wind-down starts around

Your bedtime minus those minutes.

Your routine

A few calm, ordinary steps, in the order you'll do them.

1

2

3

4

5

6

7

8

Ideas

Use any that suit you, change them, or write your own.

- Dim the lights
- Take a warm shower or bath
- Read something calm, on paper
- Stretch gently
- Write tomorrow's list
- Listen to quiet music or a podcast
- Get things ready for the morning
- Charge the phone outside the bedroom
- Do a relaxation exercise
- Make a cup of caffeine-free tea



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