

# Sleep routine checklist

A gentle evening checklist to make wind down steps predictable.

## Tonight's steps

- %j Dim lights 60 minutes before bed
- %j Screens off / quiet activity
- %j Wash + toothbrush
- %j Calm activity (story / music)
- %j Breathing or body scan
- %j Lights out

## What helped tonight?

- %j Warm drink
- %j Weighted blanket
- %j White noise
- %j Quiet chat