

Sleep routine checklist

A gentle evening checklist to make wind down steps predictable.

Tonight's steps

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

What helped tonight?

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