Wind-Down Timeline

A consistent wind-down routine is a great way to train your mind and body to prepare itself for a restful night's sleep.

My Target Bedtime (allow 7-9 hours before wake-up)

Aim for the same time every night, even weekends - consistency is key

60 minutes before bedtime

Step back from stimulating screens — work email, social media, news. Dim the lights and your phone's brightness.

What is my cue to start my wind-down? (alarm, end of a show, Alexa reminder)

45 minutes before bedtime

Offload the day - short reflective writing activity

What did I accomplish today? (e.g. completed task, obstacle overcome, surviving a rough day)

What can I save for tomorrow? (e.g. work emails, laundry, hard conversations)

30 minutes before bedtime

Hygiene routine — brush teeth, wash up, shower, take a warm bath, change into sleepwear, set an alarm, etc. Switch your phone to Do Not Disturb.

What should I include in my nightly routine, and what's the best way to do it consistently?

15 minutes before bedtime

Engage in a purposeful, relaxing wind-down activity (e.g., journaling, meditation, stretching, progressive muscle relaxation, breathing exercises)

What can I do for 10-15 minutes to help me relax?

Suggested writing in addition to wind-down activity

One thing I am grateful for today: (e.g. a person, a small win, a moment of comfort)

A kind note for morning-me: (e.g. positive affirmations, motivational quotes)

Room Check

- ☐ Cool
- ☐ Dark
- ☐ Quiet
- ☐ Optional fan, white noise, relaxing music

Lights out

Bed is for sleep. After about twenty minutes, if you aren't drowsy, engage in a calming activity in dim light.

If trouble falling or staying asleep is a regular, ongoing struggle, consider consulting your primary care physician — there may be underlying causes worth ruling out.