

7-Step Nightly Wind-Down Checklist

Step 1: Dim the Lights

- Lower lights 1–2 hours before bed.
- Use lamps or candles instead of overhead lights.
- Helps trigger melatonin production.

Step 2: Disconnect from Screens

- Turn off phones, TVs, and computers 1 hour before bed.
- If needed, use blue-light glasses or night mode.
- Replace screens with calming offline activities.

Step 3: Brew a Calming Herbal Tea

- Choose chamomile, lemon balm, or passion flower tea.
- Sip slowly to relax your nervous system.
- Make tea-drinking part of your nightly ritual.

Step 4: Journal or Brain-Dump

- Write down to-dos, thoughts, or worries.
- Try gratitude or reflection prompts.
- Clear mental clutter to relax your mind.

Step 5: Gentle Movement or Stretches

- Do light yoga or stretches like child's pose.
- Try legs-up-the-wall for relaxation.
- Keep movement gentle and slow.

Step 6: Create a Calming Ritual

- Light a candle or diffuse lavender oil.
- Read a calming book or meditate.
- Practice deep breathing for 15–20 minutes.

Step 7: Set the Stage for Sleep

- Keep your bedroom cool, dark, and quiet.
- Use blackout curtains, a diffuser, or white noise.
- Create a sleep sanctuary for restoration.