

Tonight's Action Checklist

Your complete evening routine on one page. Print it and keep it by your bed.

Evening Routine

	When	What to do
<input type="checkbox"/>	90 min before bed	Dim the lights. Switch to lamps or lower overheads. Set phone to warm screen tone. Give your brain a gradual sunset.
<input type="checkbox"/>	60 min before bed	No email, news, or social media. Physical book, podcast, or conversation only.
<input type="checkbox"/>	45-60 min before bed	Warm shower (10 min) -- not hot. Or soak feet in warm water for 10-15 min. Triggers the core cooling your body needs to stay asleep.
<input type="checkbox"/>	30 min before bed	Check bedroom temperature: 60-67F / 15.5-19.5C. Switch to lighter bedding if needed.
<input type="checkbox"/>	10 min before bed	4-4-6 breathing: in for 4 counts, hold for 4, out for 6. Four cycles. Sit on the edge of the bed or in a chair.
<input type="checkbox"/>	Bedtime	Phone: DND, face down, off the nightstand. Three slow breaths. Say your script once. Lie down. Eyes closed.

If You Wake at 3 AM

Step	Instruction	Detail
1	Do not move.	Don't reach for anything. Don't check the clock. Soft eyes. 30 seconds of stillness.
2	Say your script -- repeat slowly, three times:	<i>"I'm resting. Sleep will come back. I'll be okay tomorrow." "I'm awake right now. That's okay. My body is resting even if I'm not sleeping." "Feet heavy on the mattress. Hands warm. Jaw loose."</i>
3	Do 3 cycles of 4-4-6 breathing.	In through the nose for 4. Hold for 4. Out slowly for 6. Three times.
4	Still awake after 20 minutes? Get up.	Dim lights. Another room. Something boring for 10 min. Return when drowsy. Run script once more.

Make It Yours (fill in before tonight)

My fixed wake time (same every day):	
My bedtime target:	
Cooling routine starts at:	
My chosen 3 AM script:	
Phone on DND at:	