

Your Digital Sunset Plan

We often focus on sunrise: alarm, coffee, rushing into the day, but sunset is equally important.



As darkness falls, your brain needs a slow, deliberate shift away from daytime stimulation. Screens hinder this transition due to their light and the mental effort they require.

Screens emit blue light, which your brain interprets as daylight. This suppresses melatonin, the hormone signalling sleep. Certain sleep studies have shown that just 2 hours of evening screen use can delay melatonin release by ~90 minutes or more, pushing your biological clock later even if you're in bed on time.

Beyond light, screens stimulate your brain's arousal system. Social media causes comparison, news sparks worry, emails remind of unfinished tasks, and entertainment keeps your visual system alert.

A brain scrolling and reacting at bedtime can't switch off easily; it needs transition time, which a Digital Sunset provides.



Your Digital Sunset Schedule

This schedule is a guide that you can adjust to fit your target bedtime.



The key is consistency:

Your brain adapts faster when the pattern is predictable.



2

Hours
Before Bed



Stop working on laptop / desktop

Clear your mind

Work keeps your brain in problem-solving mode.



Switch off news, social media & email

Reduce mental stimulation

These trigger stress, curiosity and FOMO.

1

Hour
Before Bed



Stop video streaming or TV (ideally)

Let your eyes rest

Rapid visual changes keep your brain alert.

45

Minutes
Before Bed



Phone on silent: face down or in another room

Remove temptation

Out of reach means fewer interruptions.



Switch on blue light filter / Night Mode on all remaining devices

Limit blue light

Helps reduce melatonin suppression.

30

Minutes
Before Bed



All screens off ideally

Signal your body to sleep

Your brain can now begin its natural shut down.

Bed
Time



No phone in bed (even as a clock)

Protect your sleep

One last check can disrupt melatonin and delay sleep.

SCREEN-FREE ALTERNATIVES



Read



Journal



Puzzle



Listen



Move



Tea



Meditate

