

Wind-Down Routine

A gentle evening routine helps your body and mind relax, so you can fall asleep more easily and wake up feeling refreshed.

Your evening routine in sequence



Dim the lights

Lower the lights to signal your body that its time to relax.



Cool the room

A cooler room supports deeper and more restful sleep.



Brain dump

Write down your thoughts to clear your mind and let go.



Warm Shower

A warm shower helps relax your muscles and reduces stress.



Personal Care

Focus on simple self-care to feel calm and comfortable.



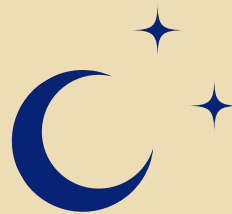
Quiet Activity

Read, stretch or listen to soothing music. No screens.



Lights Out

Let your body and mind rest and restore.



A good night's sleep starts long before your head hits the pillow.



Your 7-Day Digital Sunset Challenge

Choose one challenge each night and tick it off when complete. Progress matters more than perfection.

CHALLENGE

MON

TUE

WED

THU

FRI

SAT

SUN

Phone away before bed

☐☐☐☐☐☐☐

30–90 mins screen-free

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No news or social media

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Close your laptop early

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Read instead of scroll

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Use Night Mode

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Complete Digital Sunset

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