A calm evening routine

Choose two or three steps and keep them the same each night. A regular wind-down tells your body the day is ending.

An hour before bed

- [ ] Dim the lights in the room I'm in.
- [ ] Put my phone on charge, ideally outside the bedroom.
- [ ] Make a warm, caffeine-free drink.

Clear the mind

- [ ] Tidy one small thing, so tomorrow feels lighter.
- [ ] Write down tomorrow's top three tasks.
- [ ] Note one thing that went well today.

Settle the body

- [ ] Five minutes of the calm breath: in for 4, out for 6.
- [ ] A few gentle stretches, or child's pose.
- [ ] A short body scan once I'm in bed.

If you wake in the night, avoid checking the time and rest your attention on the breath. Ongoing sleep problems are worth discussing with a doctor.

General wellbeing information, not medical advice. Practise within your comfort.