

Sleep Protection Checklist

1. Protect Your Sleep Window

- Set a consistent bedtime (same range every night)
 - Set a “start winding down” alarm (60–90 minutes before bed)
 - No scheduling, work, or stimulating tasks after this alarm
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2. Shut Down the Day

- Write down tomorrow’s top 1–3 priorities
 - Capture any loose thoughts (so your brain doesn’t hold them overnight)
 - Decide: “The day is done”
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3. Eliminate Blue Light

- Turn off overhead lights → switch to lamps/warm lighting
 - No phone, TV, or computer during routine
(*or at minimum: night mode + dim + no scrolling*)
 - Phone charges outside the bedroom
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4. Run Your Wind-Down Routine (keep it simple)

Pick 2–4 and do the same ones each night:

- Shower or wash face
 - Light stretch or gentle movement
 - Read a physical book
 - Journal (gratitude, reflection, or brain dump)
 - Prep for tomorrow (clothes, kitchen reset)
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5. Prepare the Sleep Environment

- Room cool (roughly 65–68°F if possible)

- Lights off / blackout
 - Quiet (or white noise if helpful)
 - Bed = sleep only (no scrolling, working, etc.)
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6. Get Into Bed Intentionally

- No “just one more thing”
 - No phone in bed
 - If not sleepy: read (dim light) instead of forcing sleep
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7. Protect the Night

- If awake for a long while, get up and do something calm (no screens)
 - Avoid checking the time repeatedly
 - No middle-of-the-night scrolling
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Simple Version

If this ever feels like too much, boil it down to:

- Screens off
- Lights low
- Brain empty
- Same bedtime