

# EVENING CHECKLIST

- 1 **Pick a bedtime** – What's your wake-up time? How much sleep do you need? Work backwards and go to bed 30 minutes before you should be falling asleep.
- 2 **All blue light OFF** – phone, TV, iPad, laptop. If possible, in another room or out of reach from your bed. Again, at least 30 minutes before your "sleep time".
- 3 **Dim the lights** – you need to trigger your body that it's time to go to sleep. Lamps, candles, softness. No overheads.
- 4 **Choose your sleep triggers:**
  - Reading (or other calming activity)
  - Eye-mask and/or ear plugs
  - Pillow spray or pulse point roller
  - Weighted blanket
  - Soothing music
  - Meditation, sleep story or audiobook
- 5 **Keep consistent** – trust the process and use your triggers for as long as needed to fall asleep.

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