



# Bedtime Thought Dump

Techniques for a Peaceful Night's Rest

**Clear Your Mind • Reduce Overthinking • Sleep Better**

When your mind is full, it stays active. Writing things down before bed can:

- Reduce racing thoughts
  - Lower stress
  - Help your brain "switch off"
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## **What's On My Mind?**

Write down anything that's taking up space in your head:

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## **Worries & Concerns**

What am I worrying about right now?

Is this something I can control?

- Yes
  - No
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## Tomorrow's To-Do List

Write what needs your attention tomorrow:

**Reminder:** You don't have to remember this tonight.

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### Repeating Thoughts

What thoughts keep looping in my mind?

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### Gentle Reassurance

Write a calming response to your thoughts:

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### Step 6: Let It Go

Finish this sentence:

“For tonight, I am allowing myself to let go of...”

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