



Night Routine Planner

CRAFTING A CALM TRANSITION TO RESTFUL SLEEP

Calm Your Mind • Improve Sleep • Reduce Overthinking

Why a Night Routine Matters

A consistent night routine helps:

- Signal your brain it's time to rest
- Reduce racing thoughts
- Improve sleep quality

Without one, your mind may stay “on” even when your body is tired.

Current Night Habits

What do you usually do before bed?

Is it helping your sleep?

- Yes
- No
- Not sure

Racing Thoughts Check

At night, my mind tends to:

- Overthink
- Replay the day
- Worry about tomorrow
- Feel restless
- Struggle to switch off

Common thoughts:

Identify Sleep Disruptors

What might be affecting your sleep?

- Phone use before bed
- Irregular sleep schedule
- Stress or anxiety
- Late caffeine intake
- Overstimulation (noise, light)
- Other: _____

Create Your Ideal Night Routine

Choose 3–5 calming activities:

- Journaling / thought dump
- Reading
- Deep breathing
- Stretching
- Listening to calming music
- Skincare / self-care routine
- Other: _____

Plan Your Routine Timeline

My wind-down routine starts at: _____

Example Flow:

- _____ PM → Turn off screens
- _____ PM → Calm activity
- _____ PM → Relaxation (breathing, journaling)
- _____ PM → Lights off

Digital Boundaries

To reduce mental overload, I will:

- Stop using my phone ___ minutes before bed
- Turn off notifications
- Avoid social media at night

What is one habit I want to build consistently?

You don't need to solve everything at night. Rest is more important than overthinking.

“Slow down your mind, so your body can rest.”