Bedtime routine checklist

For the 60 minutes before bed

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
−60 min: dim the lights							
−60 min: no news or work							
−45 min: phone put away							
−30 min: shower / stretch / book							
−15 min: jot down tomorrow's tasks							
In bed: slow breathing							
Coffee before 2 p.m.							
No alcohol							

Not asleep after about 20 minutes? Get up and do something calm in dim light.