

Evening Wind-Down Checklist

A flexible checklist for creating a clearer transition between the demands of the day and the possibility of rest. Use what helps; ignore what does not.

60-90 minutes before bed

- Reduce work, admin and problem-solving where possible.
- Dim the environment if you find bright light stimulating.
- Choose a stopping point for news, social media or emotionally activating content.
- Prepare anything simple that will reduce morning stress.

30 minutes before bed

- Write down unfinished tasks so your brain does not need to keep holding them.
- If something is worrying you, write one next action beside it.
- Choose a quieter activity: reading, stretching, showering or gentle reflection.
- Keep the routine realistic enough that you can repeat it.

If your mind becomes busy in bed

- Remind yourself that bedtime is not a deadline for solving tomorrow.
- Notice whether you are planning, replaying or predicting.
- Return attention to a neutral physical sensation such as the mattress supporting you.
- If writing helps, keep a short note nearby and capture the thought without turning it into a long planning session.

A short journal close

What can I leave unfinished until tomorrow?

What went adequately today, even if it was not perfect?

What does tomorrow actually require from me first?

A useful evening routine is not one that looks perfect online. It is one that reliably reduces stimulation and decision-making for you.

Important: This resource provides general wellbeing and self-development information. It is not medical advice, diagnosis or treatment, and it is not a substitute for professional or emergency support. If you are concerned about your mental or physical health, contact an appropriately qualified healthcare professional.