

The 5-Minute Bedtime Routine

Seven tiny steps that signal your brain it's time to sleep — print this and stick it by your bed.

🌙 60 MINUTES BEFORE BED

- ☐ **Dim the lights.** Overhead lights off; lamps only. Bright light after sunset delays your body clock.
- ☐ **Digital sunset.** Phone goes to Do Not Disturb and out of arm's reach. If you must scroll, do it in another room.
- ☐ **Caffeine check.** No coffee, tea, cola or energy drinks in the last 8 hours. (Chocolate counts too.)

🌙 THE 5-MINUTE WIND-DOWN

- ☐ **Minute 1 — Brain dump.** Write tomorrow's worries and to-dos on paper. Off your mind, onto the page.
- ☐ **Minutes 2–3 — Slow breathing.** Inhale 4 seconds, exhale 6 seconds. Eight slow breaths calm your nervous system.
- ☐ **Minute 4 — Stretch.** Roll your shoulders, neck and hips gently. Release the tension you've been holding all day.
- ☐ **Minute 5 — Gratitude.** Name one good thing from today. A calm, positive thought is a much better bedfellow than a scrolling feed.

🌙 IN BED

- ☐ **Cool, dark, quiet.** Room around 18°C, blackout darkness, no noise you can't control.
- ☐ **Same wake-up time daily.** Consistency is the strongest sleep signal you can send your brain.
- ☐ **Can't sleep after 20 minutes?** Get up, do something boring in dim light, return when sleepy.

*Do this for 14 nights in a row and it becomes automatic — that's exactly how **The Deep Sleep Reset** works: one small step per day, a full plan, a printable diary.*

Want the full plan? **The Deep Sleep Reset — A 14-Day Guide to Better Sleep** is a 16-page, science-backed PDF you can start tonight — and **The Wind-Down Audio Collection** adds six calming tracks to fall asleep faster.