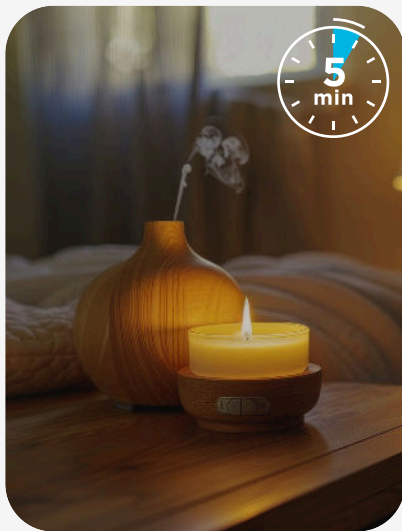


30-min Bedtime Routine

Repeat these steps
each night so your
body learns “Okay,
it’s sleep time.”



STEP 1 - Prepare your bedroom

- Dim lights or use a soft lamp
- Make your room cool and quiet
- Try a calming scent (lavender or chamomile)



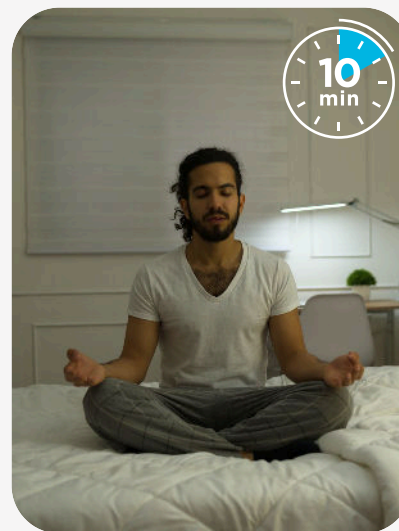
STEP 2 - Disconnect

- Turn off screens/bright lights
- Put your phone on “Do Not Disturb” or charge it outside your bedroom



STEP 3 - Gentle unwind

- Do light stretching to release tension in shoulders, neck and back
- Take a warm shower or wash your face to signal the day is ending



STEP 4 - Calm the mind

- Practice slow breathing (4-7-8 method) or a short meditation (there’s lot of free content online)
- Write down any lingering worries or a to-do list for tomorrow so your brain doesn’t keep spinning.
- Read something light or calming (a paper book is recommended rather than a gadget).