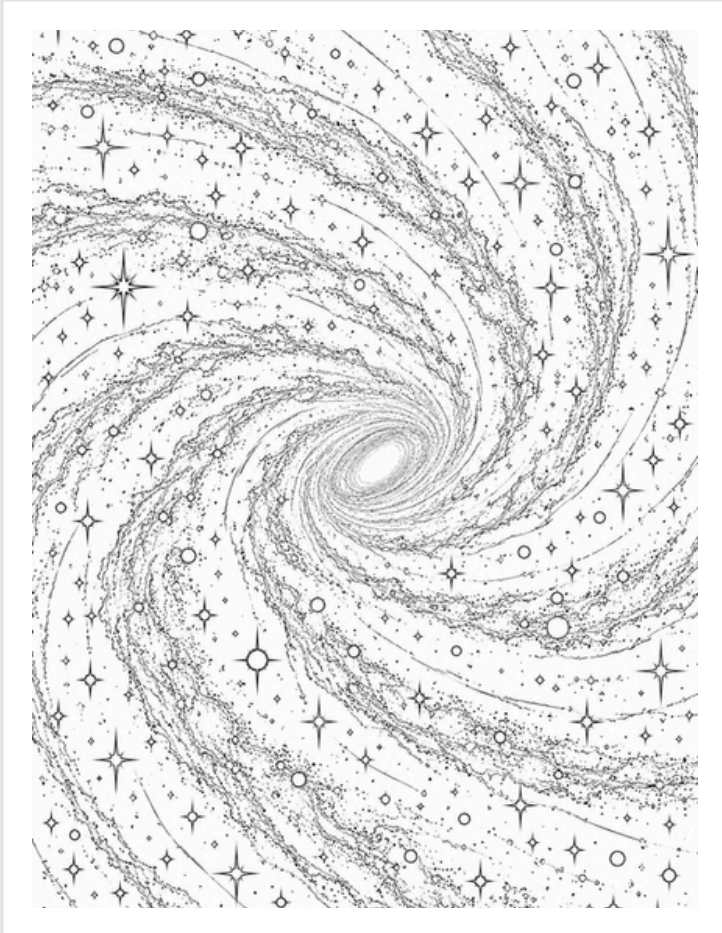




ECLIPSE BLACK

Celestial Dreams

An 8-page mindful colouring pack for
The Blackout Boss

WELCOME TO YOUR CREATIVE CALM

Use nightly · Print in black and white · No perfection required

You run a strict no-light policy. Swirling galaxies, ringed planets and endless stars for a mind that loves the deep, quiet dark.

Colouring is a simple, screen-free way to give your attention one calm thing to do before bed. There's no skill needed and nothing to get right.

YOUR 10-MINUTE RITUAL

01

SET THE SCENE

Dim the lights and put your phone in another room.

02

PRESS PLAY

Put on the *Deep Night Sky* sleep story, or sit in quiet.

03

COLOUR FOR 10 MINUTES

One page at a time. Slow strokes, soft pressure.

04

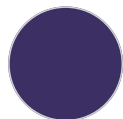
STOP WHEN YOU'RE SLEEPY

There is no need to finish a page. Come back to it tomorrow.

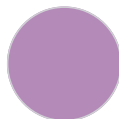
YOUR ECLIPSE BLACK PALETTE



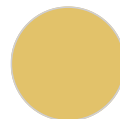
Midnight



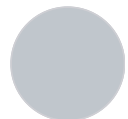
Deep violet



Nebula

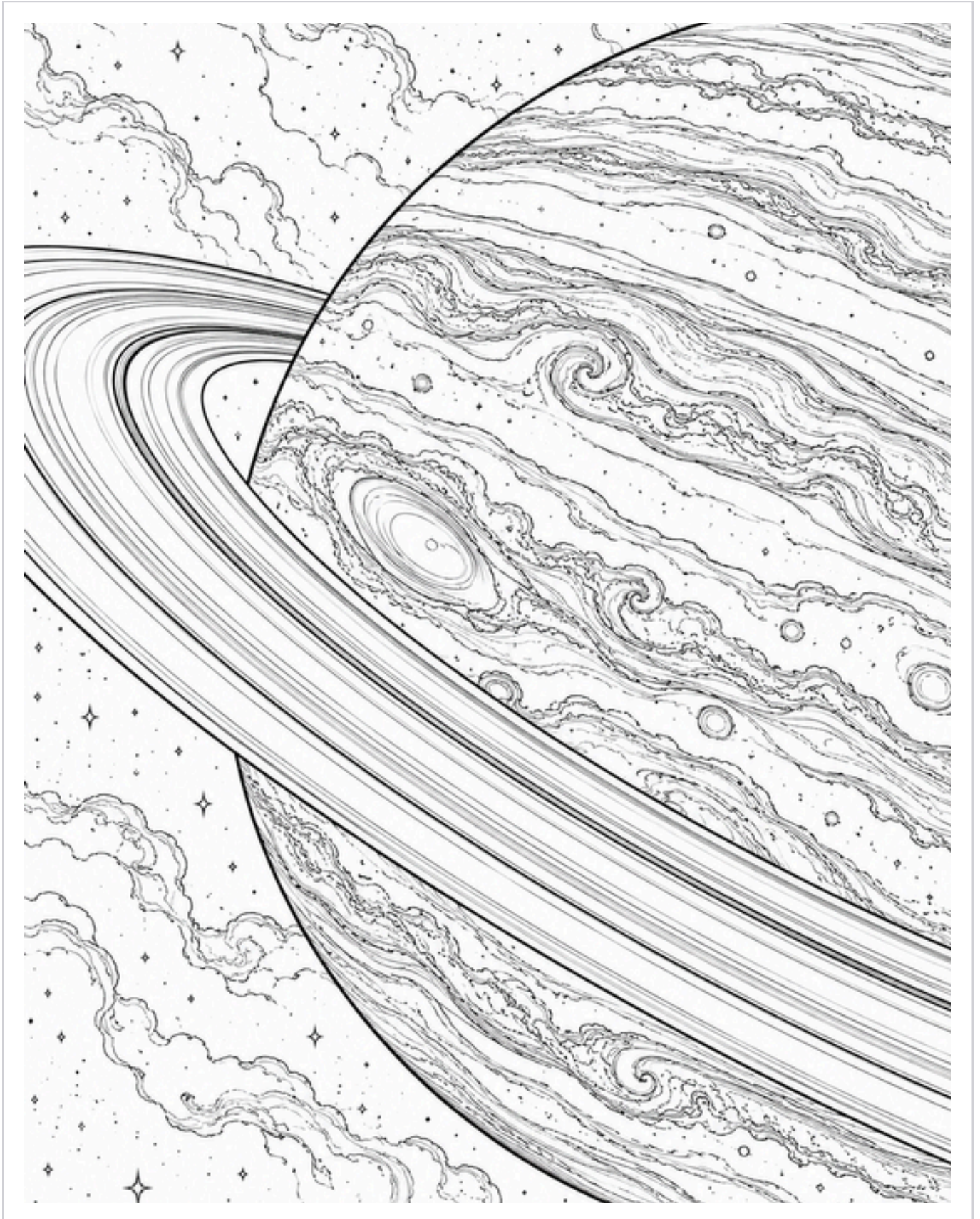


Star gold



Moon

SPACE GIANT



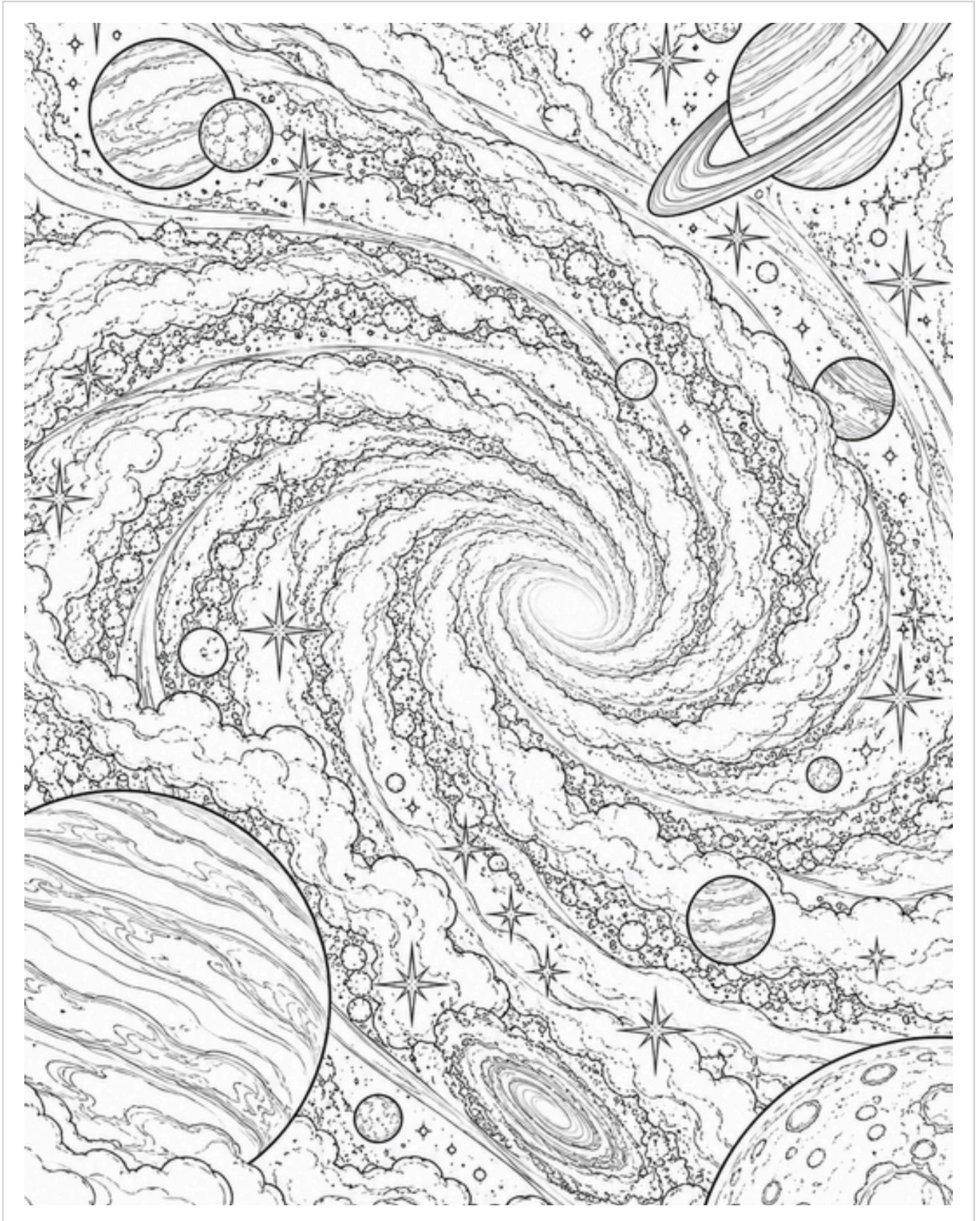
Colour one small section for every slow breath out.

DEEP NIGHT SKY



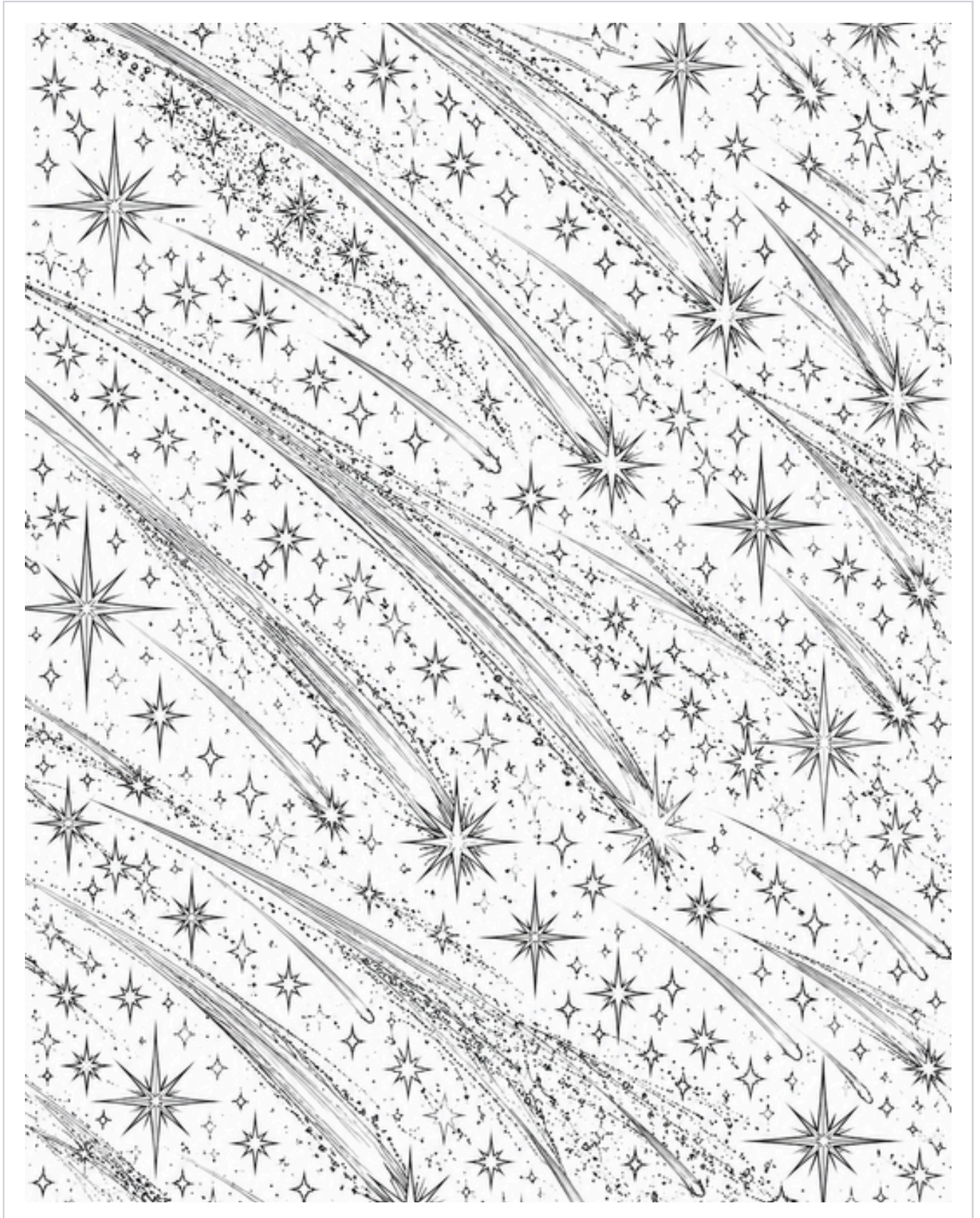
Try picking just four colours. Fewer choices, quieter mind.

SPIRALLING GALAXY



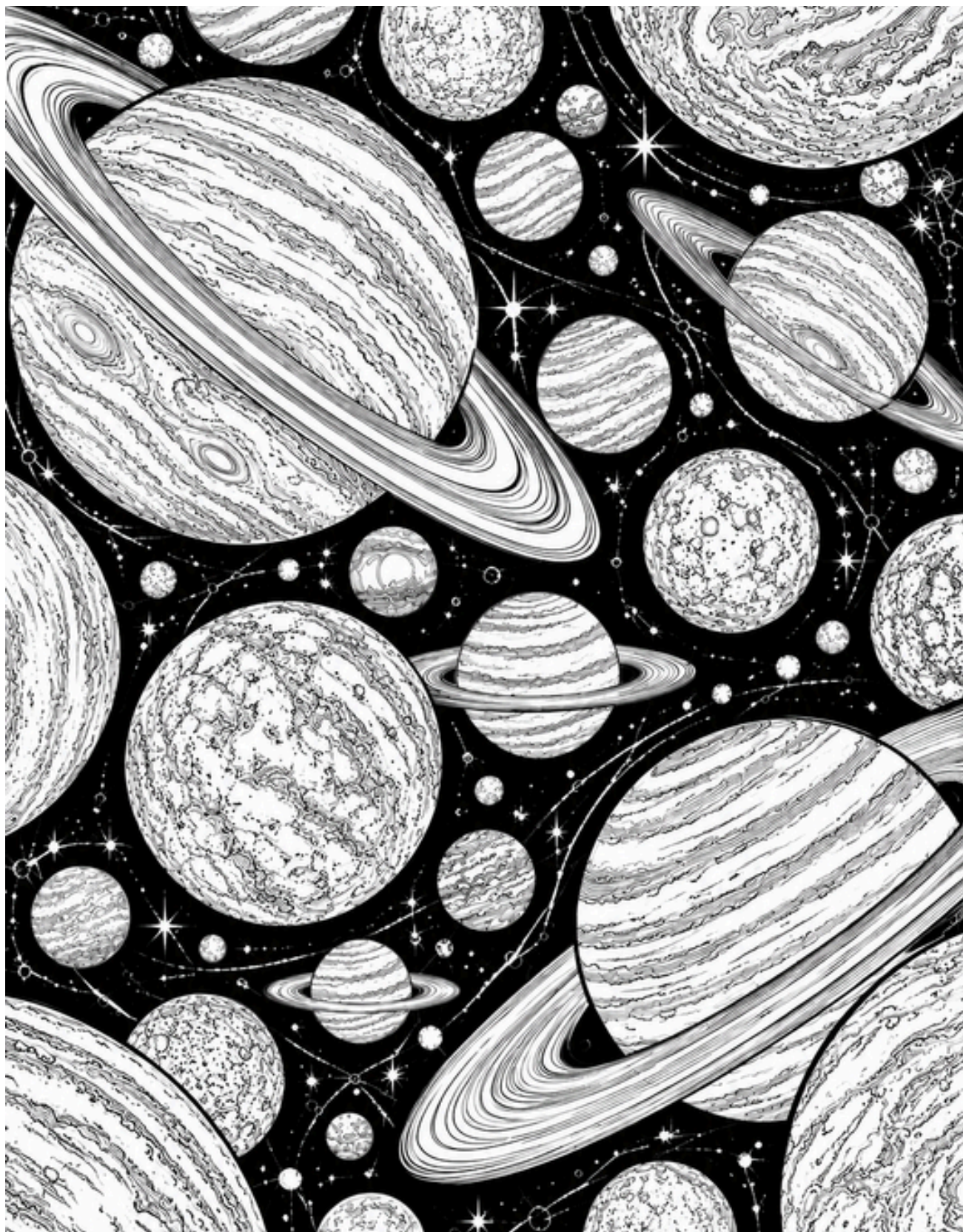
Start wherever your eye lands first. There is no right order.

METEOR SHOWER



Use the lightest pressure you can. Soft hands, soft mind.

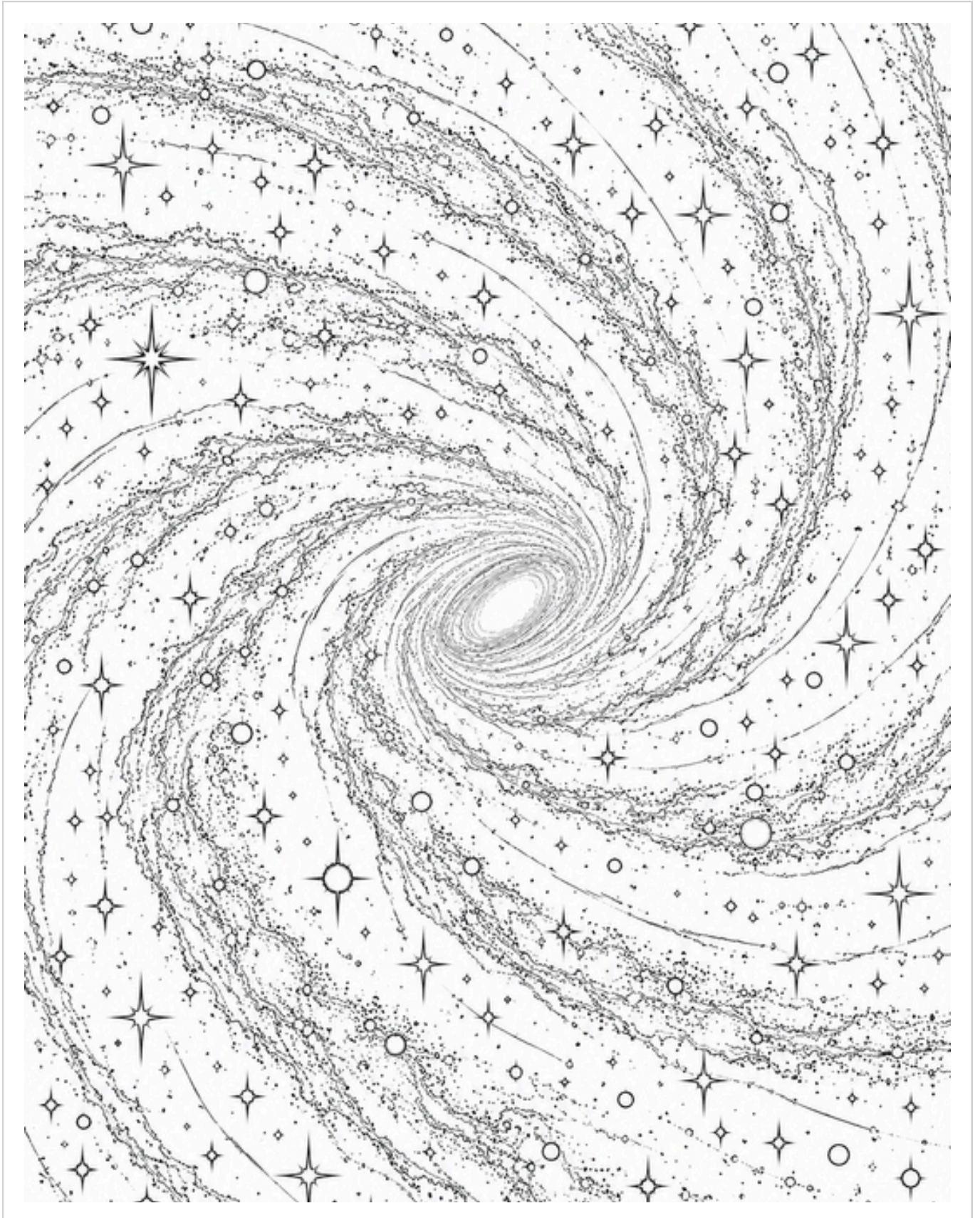
DANCING PLANETS



Follow one line all the way to its end before starting the next.

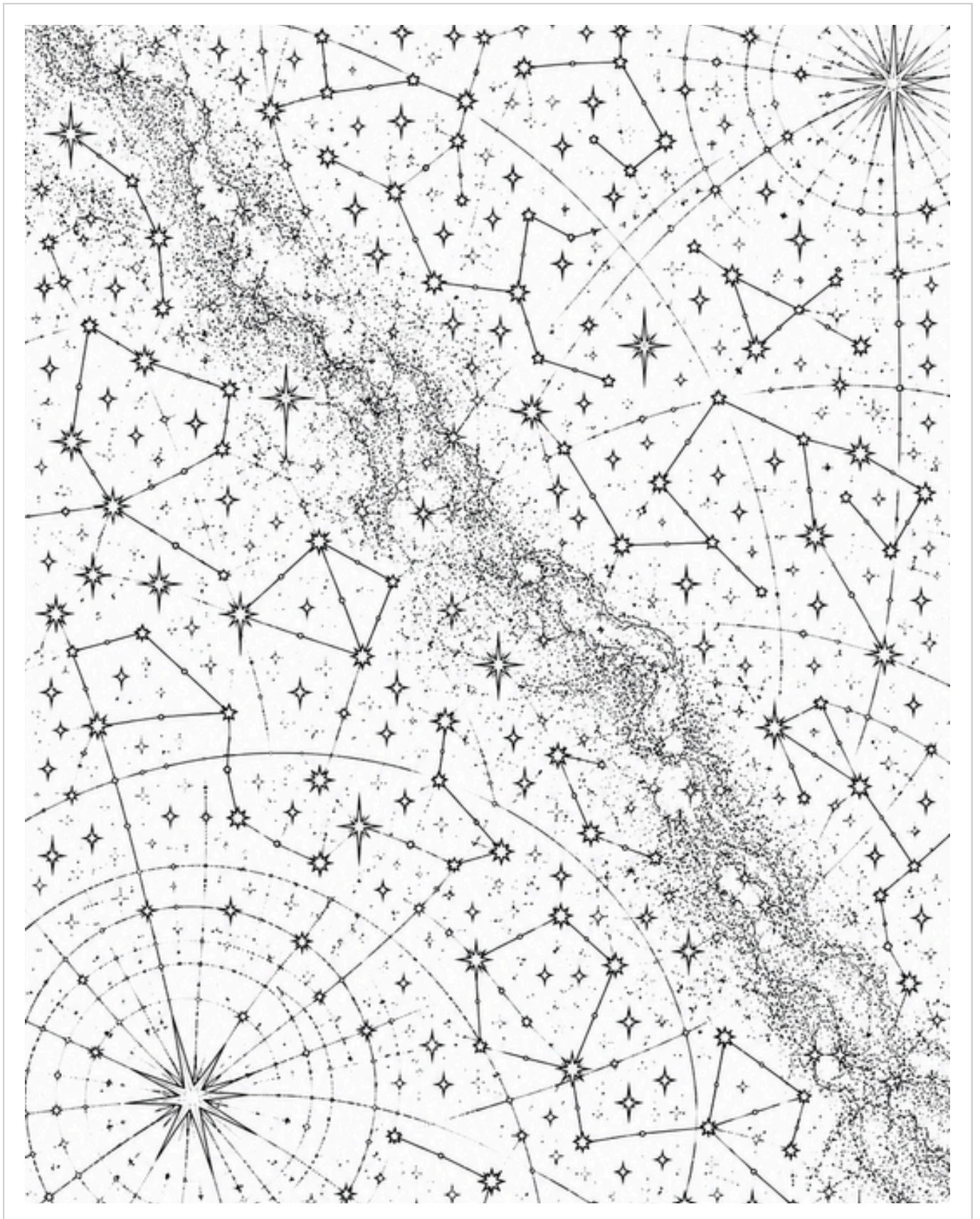
PAGE 06

GALAXY CORE



Stay in the lines, or don't. Quiet doesn't need to be perfect.

STARGAZING



Leave some spaces white. Not everything needs filling in.

BEFORE YOU SLEEP

Three lines, then lights out

One thing I'm letting go of tonight...

Something small that made me smile today...

Tomorrow can wait because...

YOUR SLUMBERCODE · ECLIPSE BLACK. - THE BLACKOUT BOSS

Scan the QR code in your mask box, or visit slumbercode.com,
for more guides, soundscapes and rituals made for *The Blackout Boss*.

Share your experiences of our
sleep system
[@slumber_code](https://twitter.com/slumber_code)

YOU'VE FINISHED YOUR COLOURING PACK

Keep the hour before bed on paper.

This guide is one small part of The Slumbercode Library: screen-free sleep tools you can print at home. Here's where The Blackout Boss goes next.

LOVED COLOURING?



Essential Collection

20 pages of colouring, patterns and creative prompts.

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PICKED FOR YOU



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A guide to nutrition and food choices to better support sleep.

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NEXT STEP



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