



CIRCADIAN BLUE

Water Wind-Down

An 8-page mindful colouring pack for
The Deep Thinker



WELCOME TO YOUR CREATIVE CALM

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

Your mind runs deep. Water helps it settle. These eight pages of waves, whirlpools and ripples give a busy mind one gentle thing to follow.

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 *Seaside Drift* sleep story, or sit in quiet.

03

COLOUR FOR 10 MINUTES

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

04

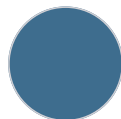
STOP WHEN YOU'RE SLEEPY

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

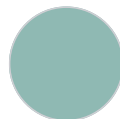
YOUR CIRCADIAN BLUE PALETTE



Navy



Ocean



Sea glass



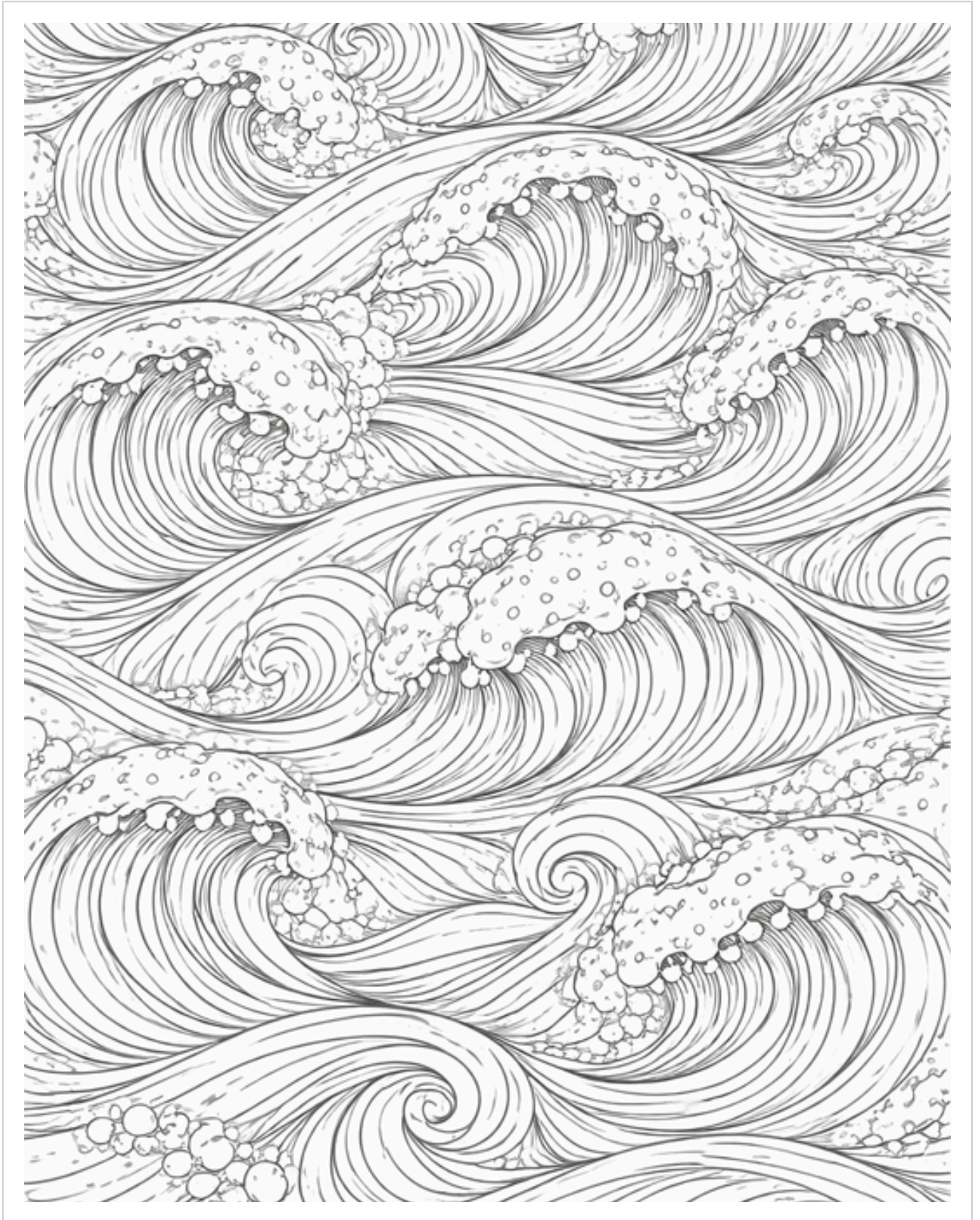
Sand



Foam

PAGE 01

ROLLING TIDE



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

WATERFALL



Pick just two blues. Fewer choices, quieter mind.

WHIRLPOOL



Follow a spiral inward and let your thoughts slow with your pencil.

STORM TO STILL



Colour the busiest part first, then let the page get calmer.

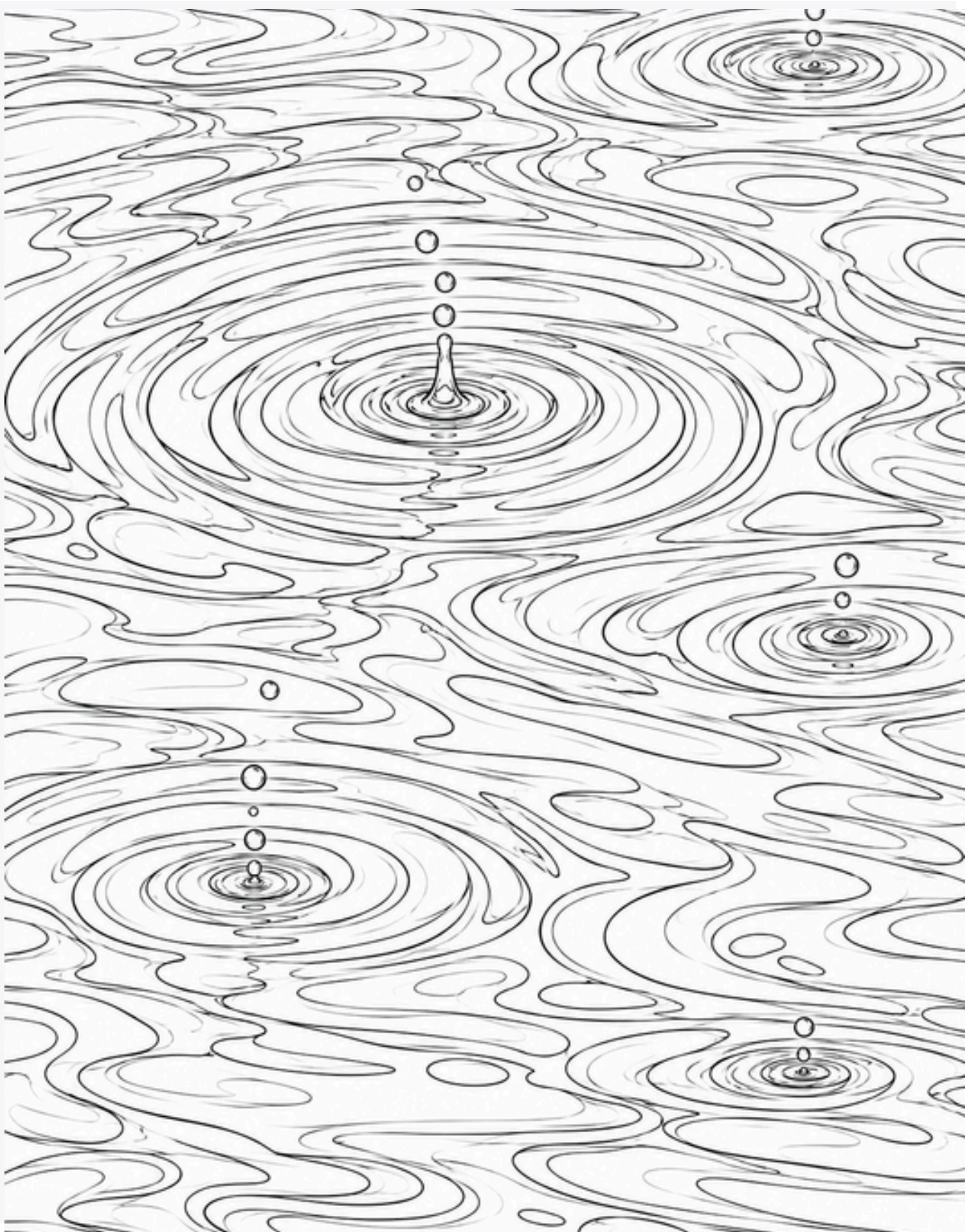
SEA FOAM



Leave the foam white. Not everything needs filling in.

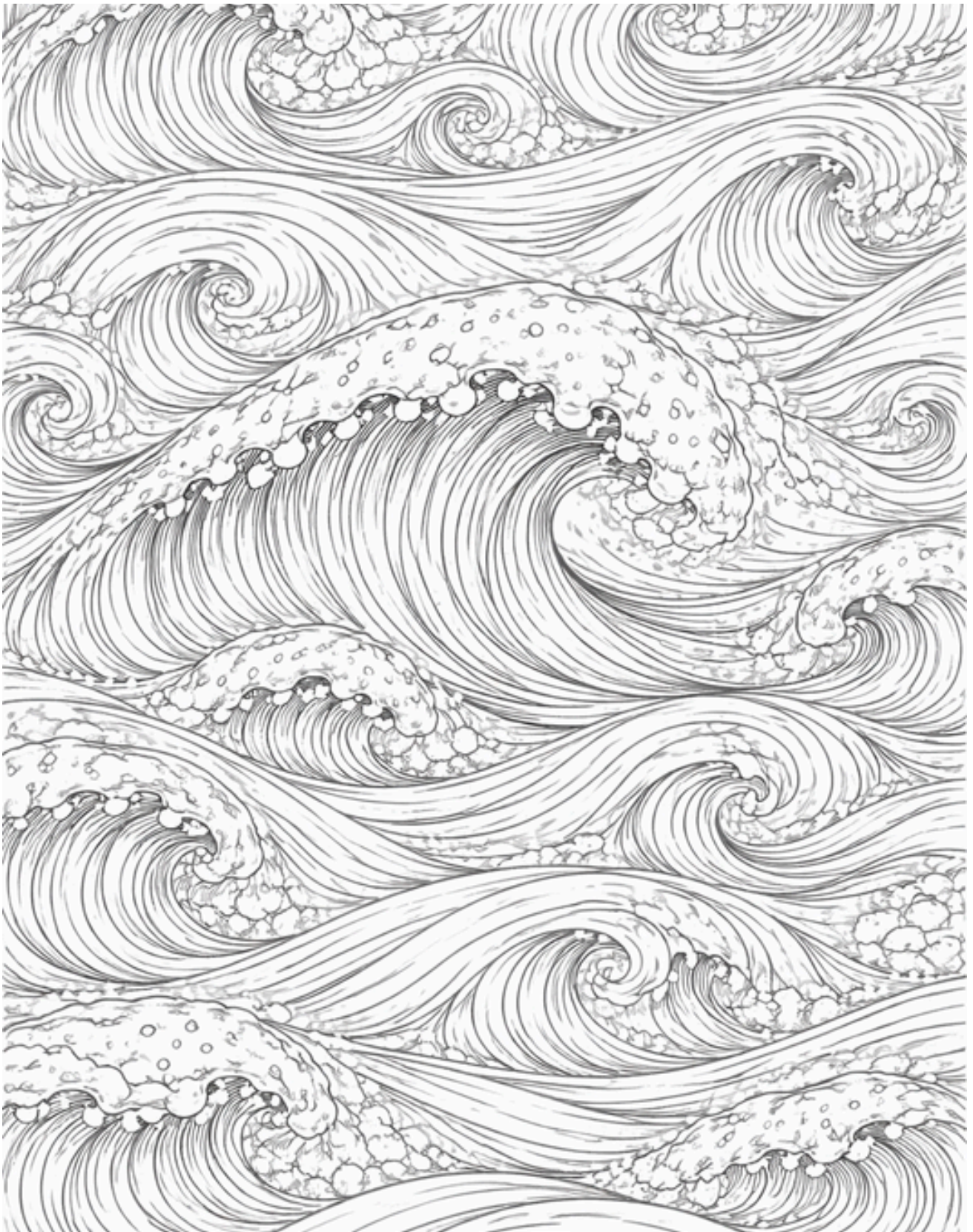
PAGE 06

RIPPLES



Colour each ripple from the centre outwards, like a thought fading.

SWIRLING WAVES



Every wave is a worry you are setting down for tonight.

BEFORE YOU SLEEP

Three prompts, then lights out

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

Something small that made me smile today...

Tomorrow can wait because...

YOUR SLUMBERCODE · CIRCADIAN BLUE - THE DEEP THINKER

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

Share your experiences of our
sleep system
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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 to go next.

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20 pages of colouring, patterns and creative prompts.

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PICKED FOR YOU



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NEXT STEP



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CALM15

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