

EVENING RITUAL CHECKLIST

A 60-minute wind-down for a mind that runs deep

The Deep Thinker
Your mind runs deep.
A sleep routine helps it settle.

YOUR WIND-DOWN, STEP BY STEP

1

60 MIN BEFORE BED

Set the scene

- ☐ Clear one small surface: a calm space for a calm mind
- ☐ Close the curtains fully, dim the lights and get the temperature the way you want it (preferably cool)
- ☐ Notifications off and phone face-down, away from the bed

2

45 MIN

Soften the body

- ☐ Take a warm shower or bath and let the water do the work
- ☐ Make a caffeine-free herbal tea or hot drink
- ☐ Release some tension. Gentle stretches or a facial massage

3

30 MIN

Quieten the mind

- ☐ Make two columns: Needs Attention and Can Wait. Decide what does not need your attention tonight.
- ☐ Finish the sentence: "Tomorrow I'll start with..."
- ☐ Colour one small section of your *Water Wind-Down*: Colouring Calm pack

4

15 MIN

Drift off

- ☐ Rainfall Breathing: in for 4, pause for 2, out for 6, 10 slow rounds
- ☐ Play your favourite soundscape at a low volume
- ☐ Mask on: Your Circadian Blue silk mask awaits you, let the thoughts float away

TONIGHT I'M LETTING GO OF

THIS WEEK

	RITUAL DONE	LIGHTS OUT TIME	SLEPT 1-5
Mon	☐		
Tue	☐		
Wed	☐		
Thu	☐		
Fri	☐		
Sat	☐		
Sun	☐		

YOUR SOUNDSCAPE

Seaside Drift

Find it, plus your free Creative Calm pack, in your portal.



slumbercode.com/pages/circadian-blue

"My thoughts are written down. My mind can rest."