

EVENING RITUAL CHECKLIST

A 60-minute wind-down that makes rest the most beautiful part of your day

The Beauty Sleeper

Rest is your ritual, and you wake up glowing.

YOUR WIND-DOWN, STEP BY STEP

1

- ☐ Make the bedroom inviting: plump the pillows, turn the covers down, dim the lights
- ☐ Notifications off and phone face-down, away from the bed
- ☐ Set the room cool (around 16–19°C) and let some fresh air in

2

- ☐ Silk & Skin Evening Ritual: cleanse, moisturise and a slow face massage
- ☐ Make a caffeine-free herbal tea or hot drink
- ☐ Tie your hair back loosely, use a silk accessory to be kind to your locks

3

- ☐ Pack your bag and get your clothes ready for tomorrow. Get into bed knowing you are prepped for the next day
- ☐ Note one thing that you are grateful for today
- ☐ Colour a page of your *Floral Twilight: Colouring Calm* pack

4

- ☐ Bloom Breathing: breathe in, picturing as a flower opens, out as it closes
- ☐ Play your favourite soundscape at a low volume
- ☐ Mask on: your Dusky Pink silk mask awaits you. Lights out, no exceptions

TONIGHT I'M LETTING GO OF

THIS WEEK

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

YOUR SOUNDSCAPE

The Starlit Garden

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



slumbercode.com/pages/beauty-sleeper

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