

EVENING RITUAL CHECKLIST

A 60-minute wind-down for total darkness, total rest

The Blackout Boss

You run a strict no-light policy. Total darkness is non-negotiable.

YOUR WIND-DOWN, STEP BY STEP

1

60 MIN BEFORE BED

Set the scene

- ☐ The Blackout Room Check: close the curtains fully, dim the lights and unfold your bed covers
- ☐ 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

45 MIN

Soften the body

- ☐ Warm shower, then get into your favourite sleepwear.
- ☐ Make a caffeine-free herbal tea or hot drink
- ☐ Put on a relaxing playlist to start winding down your mind

3

30 MIN

Quieten the mind

- ☐ Three Good Stars: Write down three good things from today.
- ☐ Note one thing that can wait until tomorrow
- ☐ Colour a page of your *Celestial Dreams: Colouring Calm* pack

4

15 MIN

Drift off

- ☐ Countdown Body Scan: relax one area with each number from 10 down to 1
- ☐ Play your favourite soundscape at a low volume
- ☐ Mask on: your Eclipse Black silk mask awaits you. Lights out, no exceptions

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

The Deep Night Sky

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



slumbercode.com/pages/eclipse-black

"Lights out. Mind off. Total darkness, total rest."