

# EVENING RITUAL CHECKLIST

A 60-minute wind-down that turns the world down to a hush

**The Light Sleeper**  
*You notice everything.*  
*Stillness is your superpower.*

## YOUR WIND-DOWN, STEP BY STEP

1

60 MIN BEFORE BED

### Set the scene

- ☐ The Quiet Room Check: close the curtains fully, dim the lights and get the temperature the way you want it
- ☐ 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 bath, then get into your favourite sleepwear
- ☐ Make a caffeine-free herbal tea or hot drink
- ☐ Complete a full body, or targeted stretches routine

3

30 MIN

### Quieten the mind

- ☐ Lie back and let three thoughts drift past like clouds
- ☐ Write down anything that might wake you, so it's already noted
- ☐ Colour a page of your *Whispering Air: Colouring Calm* pack

4

15 MIN

### Drift off

- ☐ Cloud Breathing: in for 4, pause for 2, out for 6, 10 slow rounds
- ☐ Play your favourite soundscape at a low volume
- ☐ Mask on: your Moonlit Silver silk mask awaits you, to soften your mind and block out any trace of light

## TONIGHT I'M LETTING GO OF

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## THIS WEEK

|     | RITUAL<br>DONE           | LIGHTS<br>OUT TIME | SLEPT<br>1-5 |
|-----|--------------------------|--------------------|--------------|
| Mon | <input type="checkbox"/> |                    |              |
| Tue | <input type="checkbox"/> |                    |              |
| Wed | <input type="checkbox"/> |                    |              |
| Thu | <input type="checkbox"/> |                    |              |
| Fri | <input type="checkbox"/> |                    |              |
| Sat | <input type="checkbox"/> |                    |              |
| Sun | <input type="checkbox"/> |                    |              |

## YOUR SOUNDSCAPE

### Floating Clouds

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



[slumbercode.com/pages/light-sleeper](https://slumbercode.com/pages/light-sleeper)

***"I notice everything. Tonight, I will try to let it all go quiet."***