Night Routine Checklist

Close the day in order and wake up ready for the next one.

Screens off at _____ **Lights out at** _____

Reset the house

- [ ] Clear the kitchen & run the dishwasher
- [ ] 10-minute tidy
- [ ] Set out tomorrow's clothes
- [ ] Pack bag & lunch
- [ ] Lock up & turn off the lights

Quiet your mind

- [ ] Phone on the charger, out of reach
- [ ] Write tomorrow's to-do list
- [ ] Note one good thing from today
- [ ] Stretch or breathe for 5 minutes
- [ ] Read a few pages

Wind down your body

- [ ] Finish eating 2 hours before bed
- [ ] Take a warm shower or bath
- [ ] Skincare
- [ ] Brush & floss

Set up for sleep

- [ ] Dim the lights
- [ ] Cool the bedroom
- [ ] Set the alarm
- [ ] Lights out at the same time