

EVENING WIND DOWN

Digital Sunset

8:30 PM • DISCONNECT ALL SCREENS

Light Tidy

8:45 PM • CLEAR SURFACES FOR MORNING

Skincare & Hygiene

9:00 PM • EVENING SELF-CARE

Reflection & Journaling

9:20 PM • BRAINDUMP AND GRATITUDE

Reading

9:40 PM • PHYSICAL BOOK OR E-INK

Lights Out

10:00 PM • SLEEP ENVIRONMENT READY

REFLECTIONS / INTENTIONS