

BEDTIME ROUTINE

ROUTINE TASK

MON
TUE
WED
THU
FRI
SAT
SUN

Dim lights / Switch off screens
Prepare clothes for tomorrow
Warm shower or bath
Brush teeth & Skincare
Read a physical book (15 min)
Meditation / Deep breathing
In bed by 10:00 PM

WEEKLY SLEEP GOALS
EVENING REFLECTIONS