Better Nights

A simple wind-down guide for the last hour of the day. No perfect sleep routine required.

60 MIN BEFORE

Lower the lights. Put tomorrow on paper instead of holding it in your head.

30 MIN BEFORE

Choose one quiet activity: shower, stretch, book, music, or simply less screen.

10 MIN BEFORE

Make the room a little cooler, darker and quieter if you can.

IN BED

Let today be unfinished. Your job now is rest, not resolution.

If your mind starts planning tomorrow...

Try giving the thought somewhere to go.

Something I need to remember tomorrow:

Something that can wait:

One thing that went okay today:

The day can be unfinished and still be over for tonight.

Press play on a quiet soundscape, put the phone down, and let the day be done.