

Evening Ritual Builder

Wind down with intention. Sleep deeper. Wake clearer.

Craft a personalized, repeatable evening ritual that helps you shift from “on” to “off”.

Step 1: Sleep-Friendly Environment Audit

Check off what you’ve already optimized. Circle items to improve next.

- ☐ Lights are dimmable or warm-colored in the evening
- ☐ Bedroom is cool (around 65–68°F or 18–20°C)
- ☐ Curtains or blackout shades block outside light
- ☐ Noise is minimized or masked (fan, white noise, earplugs)
- ☐ Bed is comfortable and supportive
- ☐ Electronics are removed or silenced
- ☐ Scents or calming elements added (e.g., lavender, soft lighting)

Step 2: Micro Habits Menu

Choose 2–4 calming activities to include in your nightly routine.

- | | |
|--|--|
| <input type="checkbox"/> Light stretching or yoga | <input type="checkbox"/> Warm herbal tea (non-caffeinated) |
| <input type="checkbox"/> Journaling or gratitude list | <input type="checkbox"/> Reading a physical book (non-stimulating content) |
| <input type="checkbox"/> Listening to calm music | <input type="checkbox"/> Deep breathing or mindfulness |
| <input type="checkbox"/> Putting your phone away | <input type="checkbox"/> Taking a warm shower or bath |
| <input type="checkbox"/> Preparing tomorrow’s to-do list | <input type="checkbox"/> Dimming the lights in your space |

Step 3: Habit Stacking Template

Anchor your new habits to things you already do. Fill in the blanks.

After I _____, I will _____.
(Example: After I brush my teeth, I will read for 15 minutes.)

Step 4: My Evening Ritual (*Starter Plan*)

Create a simple, repeatable routine. Keep it realistic and simple.

Time I start winding down: _____ Target bedtime: _____

My Ritual Steps:

1. _____
2. _____
3. _____

Note to Self:

Tonight, I will focus on _____ to support better sleep.
