EVENING WIND-DOWN & SLEEP QUALITY REFLECTION SHEET

NOCTURNAL RESTORATION & MENTAL UNLOAD

DATE: _____/_____/20____ **TARGET BEDTIME: ____:____ PM** **PLANNED WAKE TIME: ____:____ AM** **TARGET SLEEP: _____ HRS**

EVENING INTENTION: "I release today's labor, embrace deep restoration, and allow my nervous system to rest."

PHASE 1: CIRCADIAN WIND-DOWN ROUTINE (60-90 MIN BEFORE SLEEP)

[ ] Screens powered off or amber blue-blockers on	*Halts melatonin suppression*
[ ] Bedroom environment optimized (Cool 65-68 F, Pitch Dark, Silent)	*Primes core temperature drop*
[ ] Warm herbal tea (Chamomile, Magnesium Glycinate, Lemon Balm)	*Soothes GABA receptors*
[ ] Light somatic mobility stretch, foam roller or warm bath/shower	*Releases physical muscle armor*
[ ] Fiction reading or gentle paper journaling (Zero work/news)	*Disengages cognitive overdrive*
[ ] White noise / nature soundscape activated & aromatherapy	*Creates sleep sanctuary anchor*

PHASE 2: MENTAL UNLOAD & BRAIN DUMP (EMPTYING WORRIES & TOMORROW'S TO-DOS)

Write down any lingering tasks, thoughts, or anxieties so your subconscious does not loop them while resting:

PHASE 3: EVENING GRATITUDE & PEACEFUL CLOSURE

1. Today's greatest victory or highlight: _____

2. A simple moment of peace, beauty or laughter: _____

3. What I am letting go of from today: _____

NEXT-MORNING SLEEP SCORECARD (FILL UPON AWAKENING):

ACTUAL WAKE TIME: ____:____ AM TOTAL HOURS SLEPT: _____ HRS NIGHT WAKINGS: _____ TIMES MORNING ENERGY: _____ / 10

SLEEP RESTORATION QUALITY: [ ] Poor / Restless [ ] Fair [ ] Good / Restorative [ ] Exceptional Deep Sleep ( ) ( ) ( ) ( ) ( ) 5/5