



The Evening Wind-Down Builder™

Choose one or two cues from each section. Keep your routine simple enough to repeat.



60 TO 90 MINUTES BEFORE BED

- ☐ Finish demanding work or problem-solving.
- ☐ Prepare anything you need for tomorrow.
- ☐ Lower bright lights and screen brightness.
- ☐ Choose a consistent time to begin winding down.



30 MINUTES BEFORE BED

- ☐ Wash up or take a warm shower.
- ☐ Write down unfinished tasks or worries.
- ☐ Enjoy a quiet activity.
- ☐ Keep news and stimulating content for tomorrow.



WHEN YOU GET INTO BED

- ☐ Make the room cool, dark and quiet.
- ☐ Try natural breathing or a body scan.
- ☐ Settle into a comfortable position.
- ☐ Let sleep come without watching the clock.



BUILD YOUR ROUTINE

My wind-down begins at: _____

My first calming cue: _____

My final bedtime cue: _____



GENTLE REMINDER

A helpful routine is a series of familiar cues, not a perfect performance every night.



Martine's Midlife Wellness Tip

Start with the easiest change and repeat it for several evenings before adding anything else.

