CHECKLIST

Your Evening Shutdown Checklist

- [ ] Set a device curfew one hour before bed and charge your phone in another room
- [ ] Take a short walk outside in the hour before dusk
- [ ] Wash your face and wrists in cold water before bed
- [ ] Write down tomorrow's three anchors to stop your mind rehearsing the day ahead
- [ ] Dim the lights and open a window to cool and air your bedroom
- [ ] Lie down at the same time every night for a week to build the routine
- [ ] Get outside within an hour of waking to reset your body clock
- [ ] If you wake with urges, leave your bed and go somewhere cold immediately