

# Design your optimum Nighttime Ritual...



- Last caffeine at x o'clock
- Alcohol free
- 15 minutes of sunshine
- Tidy bedroom sanctuary
- Properly dark curtains
- Blue light filter on screens
- App curfew on phone
- Sort next day task before bed
- Quick tidy up
- Stretch / restorative yoga
- Vitamins / supplements
- Phone down at x o'clock
- Last food at x o'clock
- Bath / shower / heatpack
- Clean teeth
- Face care
- Review Goals With Souls
- Reflect on day / express gratitude
- Visualise tomorrow going well
- Read a book / audio book
- Gratitude journal
- Guided meditation
- "I Appreciate"
- Yoga Nidra meditation

## NOTES

*Hygge: remember it's about creating a mindful and enjoyable ritual, not just a checklist!*

*Experiment! Note what's working and feeling best for you. Don't try them all at once!*