

Sleep Wind-Down Checklist

A simple checklist for building a calmer evening routine and reducing the number of decisions you need to make close to bedtime.

Before bed checklist

- Choose a realistic bedtime window rather than a perfect bedtime.
- Dim bright lights where possible and reduce stimulating tasks.
- Place tomorrow essentials somewhere easy to find.
- Write down tomorrow reminders so your mind does not need to hold them overnight.
- Use one calming activity, such as reading, stretching, breathing, a warm drink or quiet music.

Worry parking space

If thoughts keep looping, write the concern down and add one possible next step for tomorrow. This is not about solving everything tonight.

Evening routine notes

My usual bedtime window	One thing to reduce tonight
One calming activity	Tomorrow reminder

One thought I can park until tomorrow:

One kind thing I can say to myself tonight:

Important: These worksheets are for general education and self-reflection only. They do not replace advice from a qualified health professional. If you are in immediate danger call 000. For crisis support in Australia, contact Lifeline on 13 11 14.