

My sleep routine

Tick it off each night. Count the nights you did it — not the hours you slept.

WAKE TIME

BEDTIME

START DATE

MY STEPS (3–5, IN TIME ORDER)

TIME

1

2

3

4

5

6

7

8

9

10

11

12

13

14

e.g. Phone on the charger, outside the room

e.g. 10pm

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Done for tonight

Missed a night? Mark it with a dash and keep going.

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Nights on routine: / 14

No score column, on purpose: the sheet counts what you did.

Choose from — strongest evidence first

- STRONG

☐ Same wake time and bedtime — every day, weekends too

☐ Caffeine cut-off — about 9 h before bed; 13 h for a big dose

☐ Alcohol cut-off — about 6 h before bed

MIXED

☐ Phone outside the bedroom — about 1 h before bed

WEAK

☐ Read on paper — the last 30 min

☐ Magnesium — optional; ask a pharmacist if you take medication
- MODERATE

☐ Warm shower or bath — 1–2 h before bed

☐ Dark, cool bedroom — all night; around 18 °C / 65 °F

☐ Lights down — about 45 min before bed

☐ Tomorrow's list, on paper — the last half hour

☐ Slow breathing or a stretch — the last 15 min

☐ Morning light — within an hour of waking

☐ Move during the day — not hard in the last hour

☐ Short, early naps — under an hour, before mid-afternoon

Not on the list: mouth tape. A 2025 review rated every study poor quality and found some real risk.

What got in the way

One word on the nights you missed — "phone", "late work", "out". After two weeks, the pattern is the fix.

The routine ends when you get into bed. Still awake after about 20 minutes? Get up, do something calm in dim light, and go back when you feel sleepy.

A habit sheet, not a medical tool. If you have had trouble sleeping for months, or anyone has noticed you stop breathing in your sleep, talk to a doctor. Free from nadril.com/reststack/ — no email, no sign-up.