WIND-DOWN CHECKLIST

A calmer bedtime, one small step at a time

PICK ONE ANCHOR / MAKE IT EASIER / RESET

Keep this by your bed or on your fridge. Check only what helps tonight. Progress counts, even when the night is messy.

1 Choose one bedtime anchor

A simple action you can repeat, even on hard days.

My anchor: _____

- [ ] I showed up tonight. That counts.

2 Make my environment easier

Fewer decisions, less friction, a gentler landing.

- [ ] Charge my phone away from the bed.
- [ ] Lay out tomorrow's clothes or essentials.
- [ ] Dim the lights and quiet the space.
- [ ] Set out a book or another calming activity.
- [ ] Prepare my alarm and anything needed for morning.

3 The reset rule

A difficult night does not erase your progress.

NOTICE	This is one night, not a verdict.
ADJUST	Try one easier step instead of the whole routine.
RETURN	Begin again tomorrow without starting from zero.

A gentle routine is still a routine.

Matt | Practical ADHD tools every week

Educational resource only - not individualized medical advice.