
Winding down

The hour before bed is a bridge from the day into the night. A few small habits, done in much the same order most nights, tell your body that it's nearly time.

Earlier in the evening: park the day

An hour or two before bed, and not in bed, take ten minutes to write down what's on your mind, with a next step for each thing, or "nothing to do tonight". Then close the notebook.

The last hour

- Dim the lights, and slow the pace.
- Put away work, the news, and anything else that winds you up.
- Do something quiet you enjoy: a warm shower, a book, music, a hot drink without caffeine.
- Some gentle stretching, or Tense and let go.
- The End of day reflection, from the window seat, finishing with: "What does this person need to hear as they go to sleep?"

In bed

- Keep the bed for sleep and closeness, not for work or scrolling.
- Cool, dark and quiet, with a hot water bottle in an Ōtepoti winter.
- If sleep doesn't come, see When sleep won't come.

My routine

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