Landing softly *at night.*

Why this helps: many ND nervous systems need a slow, sensory-friendly slope from busy to rest. Planning it ahead means less deciding when you're tired.

How to use it: read the dimmer from top to bottom and jot what could help at each step. Small, doable swaps beat a perfect routine.

Example: *1 hour before — lamps instead of the big light, soft pyjamas on, an audiobook I already know.*

My dimmer

brighter & busier → dimmer & calmer

2 hours before

1 hour before

30 minutes before

In bed

If I wake up

My sleep space

adjust?

- [ ] Lighting
- [ ] Temperature
- [ ] Sound
- [ ] Weighted / soft bedding
- [ ] Clothing texture
- [ ] Screens

Racing brain parking lot

Park the thoughts here. They'll still be here in the morning.

My week

felt rested: circle 1 (not really) to 5 (very)

	MON	TUE	WED	THU	FRI	SAT	SUN
Bedtime							
Felt rested?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECT *One change I'll try this week:*

These are general wind-down ideas, not medical advice. If sleep keeps being hard, it's worth talking it over with your doctor.