

Four-Minute Evening Reset

Give your day a clear ending. Empty your head, pick tomorrow's three things, then enjoy an evening that is actually yours.



1. Empty my head (everything on my mind, no editing)

2. TOMORROW'S THREE THINGS

#	The thing	First small step
1		
2		
3		

3. My evening (something just for me)

4. WIND DOWN

- ☐ Screens away or dimmed
- ☐ Phone on charge across the room
- ☐ Lights low
- ☐ Gentle stretch or slow breathing
- ☐ Water by the bed
- ☐ Something calm to read or hear

Free iPhone app: Sleepward: Bedtime Routine

A four-minute evening reset and bedtime routine app: empty your head, pick tomorrow's three things, enjoy your evening, then wind down with calming sleep sounds. It never scores your sleep.

A routine aid, not medical advice. If sleep problems continue, talk with a doctor.

