Nighttime wind-down routine builder

A 30-minute runway that ends with your phone out of reach and your brain ready for sleep. Fill it in once, run it nightly.

STEP 1: PICK YOUR ANCHOR TIMES

Phone cutoff time

Lights out target

Where the phone sleeps

STEP 2: BUILD THE THREE BLOCKS

A wind-down works when it's specific. Choose one activity per block and write it down. Keep each one small enough that you'd do it on your worst night.

Block	Ideas	My choice
Close the day (10 min)	Tidy one surface, set out tomorrow's clothes, write tomorrow's top task	
Slow the body (10 min)	Shower, stretch, herbal tea, dim the lights	
Quiet the mind (10 min)	Paper book, journal page, slow breathing, audio wind-down	

STEP 3: MAKE THE PHONE PART OF THE ROUTINE

- [ ] The phone goes to its overnight spot at the start of the wind-down, not the end.
- [ ] The alarm is set before the wind-down begins.
- [ ] If I use QuitScrolling, the lock starts at my cutoff time automatically.

ONE RULE THAT PROTECTS THE WHOLE ROUTINE

Never take the phone into the wind-down "just to check one thing." One thing is never one thing at 11 pm.

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