Phone-free evening checklist

Ten minutes of setup while your judgment is clear, so tonight's tired version of you has less to negotiate with.

BEFORE 8 PM, WHILE YOU STILL MEAN IT

- [ ] Decide tonight's phone cutoff time and say it out loud or write it here:

Tonight's cutoff time _____

Where the phone sleeps tonight _____

- [ ] Put the charger somewhere that isn't your bedroom.
- [ ] Queue up the offline alternative: book on the nightstand, kettle filled, playlist downloaded.
- [ ] Tell one person your cutoff time. Saying it once makes it twice as real.
- [ ] Set tomorrow's alarm now, so "I need my phone for the alarm" isn't an excuse later.

AT THE CUTOFF

- [ ] Send the last message and say goodnight in the group chat.
- [ ] Switch on do not disturb, or start your lock if you use QuitScrolling.
- [ ] Put the phone in its overnight spot, out of arm's reach.
- [ ] Do the first two minutes of your wind-down immediately. Momentum beats willpower.

IF THE URGE SHOWS UP ANYWAY

That's normal. Urges crest and fall in a few minutes. Name it ("that's the urge"), do one slow breath, and give it 90 seconds before you decide anything. The urge is loudest right before it fades.

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