



Digital Sunset

Evening wind-down for quality sleep

6:00 PM Dinner

DINNER

Start cooking at 6:00, aim to finish eating by 6:30. Latest 7:00 PM.

7:00 PM Post-Dinner Walk

WALK

10-15 minutes walking to aid digestion and transition to wind-down.

8:30 PM Digital Sunset Begins

SCREENS OFF

Screens off. Choose calming activities to wind down.

Piano

Warm Shower

Yoga Nidra

Stretching

9:30 PM In Bed

BED

Settle in with analog activities only.

Journaling

Reading (physical book)

9:45-10 Lights Out

LIGHTS OUT

Target 8+ hours of sleep. Consistency anchors your circadian rhythm.

Non-Negotiables

- No caffeine, no alcohol — zero tolerance
- No intense exercise after 7pm
- Devices off 1-1.5 hours before bed
- Cool bedroom — use aircon before bed if needed
- Phone and devices out of arm's reach
- Eye mask worn every night
- No visible screens or clocks from bed

Why This Works

- Blue light suppresses melatonin by up to 50% (Walker, Huberman)
- Warm shower drops core temperature, triggering sleepiness (Walker)
- Sleep consistency anchors circadian rhythm (Walker)

“Protect the evening, protect your tomorrow.”