A quieter evening

A few small choices, a little space to write, and seven nights to notice what suits you. Start with one thing. There is no perfect routine to complete.

Choose what works tonight

- [ ] **Close the day.**
  Write down one unfinished task and its next step.
- [ ] **Prepare one thing.**
  Set out something you will need tomorrow.
- [ ] **Make the room comfortable.**
  Adjust the light, blanket, or pillow you already have.
- [ ] **Choose something quiet.**
  Read a few pages, sit for a moment, or listen to a short audio.
- [ ] **Set the audio first.**
  Keep the volume low and important alarms audible. Put the screen aside.
- [ ] **Leave room to move.**
  Keep your walking route clear. Choose a flameless light for bedtime.

A simple sequence to borrow

CLOSE	SETTLE	LISTEN
One note for tomorrow	One comfortable change	One quiet moment

Tonight, I am keeping it simple with:

CDC guidance supports regular sleep timing and a comfortable setting. These activities are optional ideas, not a treatment plan.

Leave it on the page

Use one sentence or a few lines. Skip any question that does not suit tonight. You do not have to solve everything before closing the notebook.

What is still taking up space?

Name one thought or unfinished task, without writing the whole story.

What is one reasonable next step?

Choose a small action and when to return to it. It can wait.

What would make tomorrow a little easier?

Think practical: an item by the door, a simple plan, or something to leave undone.

Close the notebook when you are done. No perfect ending required.

An original reflective exercise from Sleep Awhile. This is different from a clinical sleep diary.

Seven nights, gently noticed

Fill this in the next day using rough estimates. There is no need to watch the clock overnight. Use your own words and leave anything blank.

Night / date	In bed	Up for day	How I felt	A short note
Night 1				
Night 2				
Night 3				
Night 4				
Night 5				
Night 6				
Night 7				

For example: a sound you enjoyed, an interruption, or something you want to change.

One small thing I would like to keep or change:

This is a personal worksheet, not a diagnostic score. If your clinician asks for a sleep diary, use the format they recommend. Seek professional advice for ongoing sleep trouble.

Listen and explore

sleepawhile.com/guided-meditations/

Sleep Awhile on YouTube

General wellness content. No promise of sleep or medical benefit.