



7-Night Wind-Down Tracker

Find out what actually gets you to sleep, instead of guessing

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One week. One change at a time. Most wind-down advice fails because you change four things at once and learn nothing. So pick **one** thing to try each night, write down what happened, and let the page tell you the answer at the end of the week. Be boring about it. Boring works.

First, set your timings once. Work backwards from lights out.

Lights out

I want to be asleep by

20 min before

So the actual thing happens at

35 min before

Which means I start prepping at

#	THE ONE THING I TRIED	ACTUALLY ASLEEP BY	HOW I SLEPT	WHAT I NOTICED (BE SPECIFIC)
1			○○○○○	
2			○○○○○	
3			○○○○○	
4			○○○○○	
5			○○○○○	
6			○○○○○	
7			○○○○○	

Tonight's one seed

While the kettle is going, write the single easiest thing that would make tomorrow-you glad. Not the whole list. One thing. This is the part that ends the workday in your head so you can actually rest.

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After 7 nights, the one that actually worked

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The one I am dropping, no guilt

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How to read this: if a night scored 4 or 5, look at what you tried and do that again. If nothing cleared a 3 all week, the problem is probably not the tea. It is the hour before it.

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