

Sleep wind-down plan

A wind-down plan uses repeated cues to help the mind and body shift from activity toward rest. It is not a guarantee of sleep on any one night.

CHOOSE A STARTING POINT

Begin the routine early enough that it does not become another rushed task.

- Choose an approximate time to lower stimulation.
- Keep the wake time reasonably steady where possible.
- Notice caffeine, alcohol, medication, pain and naps that may affect sleep.

CLOSE THE DAY

Move unfinished tasks out of working memory.

- Write down what needs attention tomorrow.
- Choose the first realistic task rather than planning the whole day.
- Set a boundary around work, news or problem-solving.

USE REPEATABLE CUES

Keep the routine simple enough to repeat.

- Dim light, reduce alerts and choose quieter activity.
- Use a shower, reading, gentle stretch or familiar audio.
- Prepare the room for comfort, darkness and an appropriate temperature.

RESPOND TO A DIFFICULT NIGHT

The aim is to reduce struggle rather than force sleep.

- Notice clock-checking, catastrophising and repeated effort.
- If lying awake becomes frustrating, consider a quiet activity until sleepiness returns.
- Review patterns over time rather than judging one night.

Keep the resource in context

Persistent sleep difficulty, loud snoring, breathing pauses, unusual movements or marked daytime sleepiness warrant medical assessment. Discuss major changes with your GP or treating clinician.