

HEALTHY MINDED

Sleep Reset Checklist

A printable evening routine for winding down, reflecting, and preparing for rest.

A calming digital wellness resource for reflection, relaxation, journaling, and daily reset habits.

Created by Healthy Minded | stayhealthyminded.com

Important Note

This product is for educational, self-growth, relaxation, and general wellness purposes only. It is not medical advice, therapy, diagnosis, or treatment. If you are in crisis or need professional support, contact a qualified professional or emergency services.

Evening Reset Checklist

Use this checklist to create a calmer transition into rest.

- Dim the lights or reduce screen brightness.
- Write down tomorrow's top three priorities.
- Put unfinished worries on paper.
- Play calming audio quietly.
- Stretch, breathe, or sit quietly for five minutes.
- Choose one affirmation for the evening.
- Place your phone away from the bed if possible.

Tonight's Reset Page

What I am carrying from today:

What can wait until tomorrow:

One peaceful thought to end the day:

7-Night Sleep Reset Tracker

Night	Screen down?	Calming audio?	Journalled?	Mood before sleep
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1				
2				
3				
4				
5				
6				
7				

Morning Reflection

How did I sleep?

What helped most?

What will I adjust tonight?
