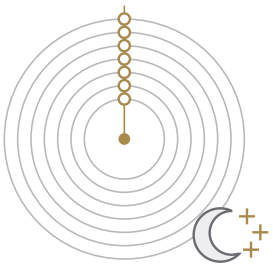
CELLULAR COHERENCE

7-Night Wind-Down & Sleep Schedule Log



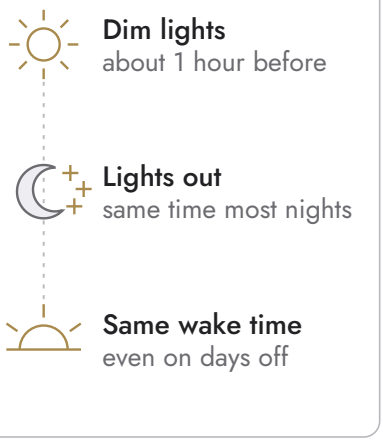
A gentle evening routine, a steady schedule, and a place to notice what happens.

What this is

This is a seven-night experiment you run on yourself. Each evening you dim things down, do one calm thing, and go to bed close to the same time. Each morning you note when you got up and how settled you felt. An expert panel agrees that consistent sleep timing matters for health. Whether any single wind-down ritual helps you fall asleep is less certain, so this log is a way to see what works for you, with no pressure for a perfect score.

The evening wind-down

1. Choose a lights-out time and a wake time you can keep on most nights. Write them on your log.
2. About an hour before lights-out, dim the overhead lights and use a lamp. Turn screens down or put them away.
3. Do one calm, low-key thing you enjoy: stretching, a book, quiet music. A warm shower or bath one to two hours before bed is one option.
4. Go to bed at your lights-out time. Keep your wake time steady, including days off if you can.
5. In the morning, log your times and how settled you felt.



Safety note

This is education, not medical advice, and it does not diagnose or treat any sleep problem. If you have ongoing trouble sleeping, loud snoring or pauses in breathing, or low mood, please talk with a qualified health professional. If you work nights or care for others overnight, a fixed schedule may not be possible, and that is okay. Keep walkways lit if you are up in the dark.

How to log

- ☐ Fill in lights-out time and wake time each morning. A close guess is fine.
- ☐ Tick whether you did your wind-down (yes, partly or no) and circle 1 (restless) to 5 (settled).
- ☐ Write one honest sentence. If nothing changed, write that. It is useful information too.

Your 7-night log

Nights 1 to 4

Night 1

Date _____

Lights-out time _____ Wake time _____ Wind-down at _____

Wind-down done: ☐ yes ☐ partly ☐ no Settled (1 restless, 5 settled) 1 2 3 4 5

One sentence about what I noticed:

_____

_____

Night 2

Date _____

Lights-out time _____ Wake time _____ Wind-down at _____

Wind-down done: ☐ yes ☐ partly ☐ no Settled (1 restless, 5 settled) 1 2 3 4 5

One sentence about what I noticed:

_____

_____

Night 3

Date _____

Lights-out time _____ Wake time _____ Wind-down at _____

Wind-down done: ☐ yes ☐ partly ☐ no Settled (1 restless, 5 settled) 1 2 3 4 5

One sentence about what I noticed:

_____

_____

Night 4

Date _____

Lights-out time _____ Wake time _____ Wind-down at _____

Wind-down done: ☐ yes ☐ partly ☐ no Settled (1 restless, 5 settled) 1 2 3 4 5

One sentence about what I noticed:

_____

_____

Your 7-night log

Nights 5 to 7, then a look back

Night 5

Date _____

Lights-out time _____ Wake time _____ Wind-down at _____

Wind-down done: ☐ yes ☐ partly ☐ no Settled (1 restless, 5 settled) 1 2 3 4 5

One sentence about what I noticed:

_____

_____

Night 6

Date _____

Lights-out time _____ Wake time _____ Wind-down at _____

Wind-down done: ☐ yes ☐ partly ☐ no Settled (1 restless, 5 settled) 1 2 3 4 5

One sentence about what I noticed:

_____

_____

Night 7

Date _____

Lights-out time _____ Wake time _____ Wind-down at _____

Wind-down done: ☐ yes ☐ partly ☐ no Settled (1 restless, 5 settled) 1 2 3 4 5

One sentence about what I noticed:

_____

_____

After seven nights

Were my lights-out times close to the same on most nights, and which nights felt most settled?

_____

_____

Which one step will I keep next week? (Or none, and that is a fine answer.)

_____

_____

Reflect, then check the evidence

Prompts for your notes, and what the research does and does not show.

Reflection prompts

What did I do in the hour before lights-out, and what did I notice?

Did a steady wake time change how my evenings felt?

Evidence at a glance

ESTABLISHED	An expert panel (63 publications reviewed) concluded that consistent sleep timing is important for health, safety and performance. Consensus, not a trial. [1]
EMERGING	In 60,977 UK adults tracked for a week, steadier sleep timing was linked to lower risk of death over about 6 years. Observational, so association, not cause. [2]
EMERGING	In 116 healthy young adults, room light before bed delayed melatonin onset compared with dim light. Lab finding from a retrospective analysis. [3]
EMERGING	Experts suggest low evening light [4]. Three small trials of blue-light glasses (49 adults) found no significant sleep change [5]. Effects are mixed.
EMERGING	Across 13 studies, a warm shower or bath 1 to 2 hours before bed was linked to falling asleep sooner. Authors call the evidence limited. [6]
SPECULATIVE	That any one ritual, bulb or pair of glasses will improve your sleep. The sources above do not show this.

Sources

[1] Sletten TL, Weaver MD, Foster RG, et al. The importance of sleep regularity: a consensus statement of the National Sleep Foundation sleep timing and variability panel. Sleep Health. 2023;9(6):801-820. doi:10.1016/j.sleh.2023.07.016
[2] Windred DP, Burns AC, Lane JM, et al. Sleep regularity is a stronger predictor of mortality risk than sleep duration: a prospective cohort study. Sleep. 2024;47(1):zsad253. doi:10.1093/sleep/zsad253
[3] Gooley JJ, Chamberlain K, Smith KA, et al. Exposure to room light before bedtime suppresses melatonin onset and shortens melatonin duration in humans. J Clin Endocrinol Metab. 2011;96(3):E463. doi:10.1210/jc.2010-2098
[4] Brown TM, Brainard GC, Cajochen C, et al. Recommendations for daytime, evening, and nighttime indoor light exposure to best support physiology, sleep, and wakefulness in healthy adults. PLoS Biol. 2022;20(3):e3001571.
[5] Luna-Rangel FA, Gonzalez-Bedolla B, et al. Efficacy of blue-light blocking glasses on actigraphic sleep outcomes: a systematic review and meta-analysis of randomized controlled crossover trials. Front Neurol. 2025;16:1699303.
[6] Haghayegh S, Khoshnevis S, Smolensky MH, Diller KR, Castriotta RJ. Before-bedtime passive body heating by warm shower or bath to improve sleep: a systematic review and meta-analysis. Sleep Med Rev. 2019 (PMID 31102877).

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