

# THE 'POWER DOWN' RITUAL

(Read the article on the Daily9 blog)



**6 HRS  
BEFORE  
YOUR  
SLEEP TIME**

Have your last coffee/  
caffeinated drink.

**1 HR  
BEFORE  
BED**



Have a shower/bath.



**45 MINS  
BEFORE  
BED**

Dim the lights.

**30 MINS  
BEFORE**



**15 MINS  
BEFORE**

Brush your teeth.

- Curfew on screens: so no phones, TV, laptops, tablets.
- Read a physical book instead. It's the perfect way to learn something useful or engage your mind and power down before bed.

**WHEN  
YOU GO  
TO BED**



**WITHIN 10  
MINS OF  
WAKING  
UP**

See some sunlight.  
It's the perfect signal  
to your body that  
your day has begun.

- Shut off all lights, you should not be able to see your hands in front of you.
- Lower room temperature to around 21 degrees celsius\*.
- Switch data and wi-fi on your phone off.
- Set an alarm, but it's ok not to also. Whenever you can, allow your body to wake up naturally.
- If you do set an alarm, wake up with it, don't snooze

\* The research indicates this as the ideal temperature. If you find it too cold, increase it as being too cold will also interfere with your sleep.