

MAKE MORE ROOM FOR REST

The Evening Rituals Guide

A softer way to end the day, quiet the noise, and make tomorrow feel a little easier.



You don't need a perfect nighttime routine.

You just need a few cues that tell your body: the day is done.

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Create a wind-down window

Think of this as a small buffer between **doing** and **resting**. Thirty to sixty minutes is great, but even ten intentional minutes counts.

1. Pick a “day is done” time

Choose a loose time when work, cleaning, scrolling, and problem-solving stop. You are not trying to finish everything. You are choosing to stop carrying it into bed.

2. Lower the volume

Dim lights. Turn down overheads. Put on a lamp. Lower the TV. Play something soft. Let your environment become visibly quieter.

3. Put tomorrow somewhere else

Write down anything your brain is trying to remember: one task, one worry, one thing you need to buy, one person you need to call. Your brain does not have to hold it all night.

Your only goal: make the last part of the day feel different from the rest of it.

Reset your body

Give your nervous system a few physical cues that it is safe to downshift.

- **Wash the day off.** Shower, wash your face, or simply rinse your hands in warm water.
- **Brush your teeth slowly.** Let it become a sleep cue instead of a chore.
- **Add one familiar scent.** Lavender pillow spray, lotion, a gentle candle while you get ready, or another scent you associate with calm.
- **Take five slow breaths.** Try a longer exhale than inhale: in for 4, out for 6.
- **Unclench on purpose.** Drop your shoulders. Soften your jaw. Let your tongue rest. Relax your hands.
- **Move for two minutes.** Gentle neck rolls, child's pose, legs up the wall, or a few slow stretches.

A 3-minute body reset

Minute 1: breathe slowly.

Minute 2: stretch whatever feels tight.

Minute 3: lie still and let your body get heavy.

Clear your mind

You don't need to solve your life at 10:47 p.m.

Try this tiny brain-dump:

What can wait until tomorrow?

What am I carrying that I can put down for tonight?

What went well today?

Turn off the screen

A digital detox doesn't have to mean becoming a person who never looks at her phone after 7 p.m. It can be much smaller and much more realistic.

Choose one version:

- **Easy:** phone face-down and out of your hand for the last 15 minutes before sleep.
- **Better:** charge your phone across the room for the last 30 minutes.
- **Best for tonight:** pick a cutoff time and let the rest of the internet continue without you.

Replace the scroll with: a shower, a book, stretching, tea, music, a five-minute tidy, lotion, journaling, or simply getting into bed earlier.

Tiny trick: make your phone visually boring

Use Do Not Disturb, lower brightness, remove social apps from your first screen, and decide before bedtime what time you will look again in the morning.

Create sleep cues

Repetition matters. A few small things done in the same order can become a signal: ***we are going to sleep now.***

- Brush teeth.
- Wash face / skincare.
- Lavender spray, lotion, or another calming scent.
- Fill water glass.
- Set alarm.
- Write tomorrow's top priority.
- Dim lights.
- Phone away.
- Three slow breaths.
- Repeat your bedtime mantra.

An Example Bedtime Mantra

I am safe.

I am happy.

I am so lucky only good things find me.

***I release any negativity I might be holding
on to or anything holding me back.***

Or make it your own:

Tonight, I release _____.

Tomorrow, I welcome _____.

Your 15-minute evening reset

Minutes 1-3	Put the phone away. Dim the lights. Write down anything you need to remember.
Minutes 4-7	Wash your face, brush your teeth, add lotion or a calming scent.
Minutes 8-11	Stretch gently and take five long, slow exhales.
Minutes 12-14	Name three good things from the day - tiny counts.
Minute 15	Get into bed. Repeat your mantra. Let the day be over.

The rule for all of this

Do not turn your evening routine into one more thing to fail at. Pick the pieces that make you feel better. Skip the rest. Repeat what works.