BUSY BRAIN
At Bedtime

YOUR MIND IS FULL OF SHIFT
www.YourMindIsFullOfShift.com

For shift workers, new parents, students, and anyone whose brain waits until the lights go off to replay every conversation since 2009.

1 DUMP IT
About an hour before bed

- Set a 5-minute timer and write down everything on your mind
- Sort it: "do tomorrow," "not mine," or "can't fix tonight"
- Close the notebook. It'll all be there in the morning.

2 DIM IT
30 to 60 minutes before bed

- Turn down the lights in the room you're in
- Put screens on night mode, or put them down
- Keep your room cool, dark, and boring

3 SLOW IT
Once you're in bed

- Breathe in for 4, out for 6. Do it six times.
- Tense and relax each body part, from your toes up
- Let your face and jaw go heavy

4 BORE IT
When your brain won't shut up

- Pick a word like BEDTIME and think of random things that start with each letter
- Count backward from 300 by 3s
- Picture a slow, boring place in detail

5 STILL AWAKE?
After about 20 minutes

Get up and do something dull in low light, like folding laundry or reading something boring. Go back to bed when you feel sleepy. Lying there fighting it teaches your brain that bed is where you stress.

SHIFT WORKERS
- Blackout curtains or a sleep mask
- Sunglasses on the drive home
- Keep the same sleep window when you can

NEW PARENTS
- Rest when the baby sleeps, even 20 minutes counts
- Trade night shifts with a partner if you can
- Lower the bar on everything else

STUDENTS
- Same wake-up time, even on weekends
- Study at a desk, not in bed
- Stop caffeine about 8 hours before bed

MY WIND-DOWN STARTS AT _____

MY PHONE GOES _____

TWO THINGS I'LL TRY TONIGHT

_____

_____

Snoring loudly, stopping breathing at night, or exhausted most days no matter what you try? Talk to your doctor. That's worth checking out.

Want the full system? **The Sleep Regulation System** at YourMindIsFullOfShift.com

Educational tool, not therapy or medical advice. In crisis, call or text **988**.
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