
BEDTIME

Bedtime Reset Checklist

A short, low-friction bedtime checklist that protects sleep.

The non-negotiables (do these first)

- **Set a phone timer for 30 minutes before bed.** When it goes off, you stop. No negotiation.
- **Put your phone in another room or a drawer you cannot reach from bed.** Physical friction beats good intentions.
- **Close laptop and turn off screens 20 minutes before sleep.** Blue light and dopamine hits keep your brain wired.

The environment reset

- **Dim the lights now** (or set a smart bulb timer). Darkness triggers melatonin.
- **Set room temperature to 16–18°C if possible.** Cooler rooms sleep better.
- **Clear the bed of clutter, clothes, and devices.** Bed is for sleep, not scrolling.
- **Close the curtains or put on an eye mask.**

The body reset

- **Drink a glass of water.** Dehydration wakes you at 3 a.m.
- **Use the toilet.** Avoid midnight bathroom trips.
- **Change into sleep clothes.** The ritual signals your brain: sleep mode.
- **Do 5 minutes of something unstimulating: stretching, deep breathing, or lying still.**
This is not exercise—it's signal-dropping.

If racing thoughts arrive, try this:

"I'm going to write three things I need to do tomorrow. Then I'm closing the notebook."

Write them down. Close the notebook. Brain satisfied.

If you're still awake after 20 minutes

Do not lie awake willing yourself to sleep. Get up.

"I'm going to read something unstimulating in dim light for 10 minutes, then try again."

Boredom plus dim light equals melatonin. Lying awake plus frustration equals alert brain.

The night-before reset

- **Check: is your alarm set?** On your phone, not your watch. Phone stays in another room.
- **Lay out tomorrow's clothes.** Reduces morning friction.
- **Offload your brain: write down tomorrow's tasks.** Even a rough list.

Scripts if someone interrupts your wind-down

"I'm starting my wind-down now. I'll message you back in the morning."

"I need to be asleep in 15 minutes. We'll catch up tomorrow."

What not to do

- Don't scroll "just for 5 minutes." Your brain will continue scrolling.
- Don't drink caffeine after 2 p.m.
- Don't exercise within 3 hours of bed.
- Don't check emails or messages after the timer sounds.

If you're not sleeping most nights

This suggests a deeper sleep issue. Talk to your GP or a sleep specialist. Poor sleep worsens ADHD symptoms and affects everything downstream.

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