

The 90 Minute Wind Down

A simple routine for a calmer night's sleep.

The brain needs consistent cues to know it's time to power down.

Here's a simple, repeatable routine that works with your body's natural rhythm.

The Wind-Down Routine

Dim the lights, 2 hours out
Lower light in your home signals your brain to start winding down for the night.

Step away from screens
Bright screens can trick your brain into thinking it's still daytime, try night mode or put the phone down.

Do one quiet, repeatable activity
Shower, stretch, read, or journal; predictability helps your brain recognize sleep is coming.

Keep it cool, dark, and quiet
Your bedroom environment matters as much as your bedtime habits.

Try slow breathing before bed
Inhale 4 seconds, exhale 6-8 seconds; calms the nervous system.

The Sleep Timeline

Time	Action
8:30 PM	Dim the lights, step away from work
9:00 PM	Shower, stretch, or read
9:30 PM	Wind-down cue (brush teeth, wash face)
10:00 PM	Breathing exercise, then bed

A simple rule to remember: dark, quiet, repeatable, and early enough.

Struggling with a mind that won't quiet down at night?

Hypnosis can help retrain that pattern, so you fall asleep faster and stay asleep longer.

[Book A Free Consultation](#)

Kevin Rogers Hypnosis Phone: [607.743.2798](tel:607.743.2798) Voice & Text

Website: rogers-hypnosis.com

Educational content on general sleep hygiene practices. Not a substitute for medical advice.