



THE
HOLISTIC
FORGE

✨ EVENING WIND-DOWN ROUTINE



A GUIDE TO CALMING YOUR MIND



RESET ROUTINE



DISCONNECT

Put your phone on Do Not Disturb and write down what you're grateful for.

GENTLE MOVEMENT

Engage in light yoga or stretching to relax your body and mind.

PREPARE YOUR SPACE



Create a calming atmosphere for rest and relaxation



PREPARE YOUR SPACE

Optimize your sleeping environment

A cool temperature between 65–70°F creates the ideal sleeping conditions. **Blackout curtains** and aromatherapy can further enhance your atmosphere, ensuring a peaceful environment that promotes deep sleep and relaxation.



MIND UNLOAD

Clear mental clutter effectively

Dedicating time to write down tomorrow's top 3 tasks can help declutter your mind. This **simple exercise** allows you to release anxieties about the upcoming day, promoting a peaceful state of mind before sleep.



RELAXATION CUE

Trigger your body's relaxation response

Incorporating breathwork, meditation, or calming music into your evening routine can significantly improve your sleep quality. Consider practicing the **4-7-8 breathing technique** to calm your mind and prepare your body for rest.



CONSISTENCY IS KEY

Your body learns to follow the signals you create

EMBRACE YOUR EVENING ROUTINE FOR BETTER REST

Creating a nighttime routine is essential for **optimal relaxation** and sleep readiness. By establishing small, consistent practices, you signal to your body that it's time to unwind.

Incorporate gentle movements, such as light stretching or yoga, to ease tension from your day. Ensure your environment is calm and welcoming—dim lights, soothing scents, and **comfortable temperatures** can enhance your sleep quality. Remember, a little consistency goes a long way in helping your body adapt to a restful state.

