

Busy Mind Bedtime Routine

A simple routine to calm racing thoughts and help your brain switch off for sleep

Many people with busy or ADHD-style minds find that their thoughts become louder at night. The goal of this routine is not to “force sleep” but to gently guide your mind and body into a calmer state so sleep can happen naturally.

Step 1: Empty Your Mind (5 minutes)

Before getting into bed, write down anything that is circling in your mind.

This can include:

- things you need to do tomorrow
- worries or reminders
- random thoughts

This simple “brain dump” tells your mind it doesn’t need to keep holding onto everything overnight.

Step 2: Dim the Evening Lights (30–60 minutes before bed)

Bright lights and screens tell your brain it’s still daytime, so NO ‘Doom Scrolling’ before bed or whilst you’re in bed.

Try to:

- Dim the lights in your home
- Switch off bright ceiling lights
- Reduce phone or laptop usage

This helps your body release the sleep hormone **melatonin**, which signals that it’s time to rest.

Step 3: Slow Your Breathing

Slow breathing helps calm the nervous system.

Try the following simple pattern whilst placing 1 hand on your heart and the other on your tummy, relax your tongue by letting it fall to the bottom of your mouth.

Inhale slowly for **4 seconds**

Hold for **7 seconds**

Exhale slowly for **8 seconds**

Repeat 4 times

Longer exhales help your body move into rest and restore mode

Step 4: Give Your Mind a Gentle Focus

Busy minds often struggle with total silence.

Instead, try listening to something calming, such as:

- a sleep meditation
- hypnosis audio
- gentle music
- rain or nature sounds

This gives your mind something soft to focus on instead of racing thoughts.

Step 5: Let Sleep Happen

If you can't fall asleep, try not to force it.

If you feel frustrated:

- get up for a few minutes
- read something calm in low light
- return to bed when you feel sleepy

Sleep works best when the mind feels safe and relaxed.

Remember

A busy mind isn't a broken mind.

With the right evening habits, your brain can learn to slow down and rest. Small changes done consistently can make a big difference.

Sleep well.

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