

ADHD Bedtime Routine Planner

Create a predictable wind-down to improve sleep onset.

1 hour before sleep - slow down

- Park devices in another room or switch to night mode with blue-light filters.
- Dim lights and reduce stimulating audio or video.
- Have a protein-rich snack if medication reduced appetite earlier in the day.

30 minutes before sleep - calming cues

- ☐ Take medication as prescribed (melatonin, clonidine, etc.)
- ☐ Shower or warm bath (lowers core temperature afterwards).
- ☐ Run 4 minutes of paced breathing or gentle stretching.
- ☐ Prepare tomorrow essentials: bag, clothes, planner.

Lights out - sensory supports

- Weighted blanket or heavy duvet for deep pressure input.
- White/pink noise machine or earplugs for consistent sound environment.
- Cool room (18-20 deg C) with blackout blinds or eye mask.
- Script to settle racing thoughts: "I have written the worries list. Morning me will revisit."