BEDTIME AND SLEEP

Bedtime Phone Plan

Get your nights back with one simple routine.

STEP 1 · START HERE

Pick a phone bedtime, 30 minutes before you want to sleep.

Night is when your decisions are most tired. That's why the plan should be simple and decided in advance.

The plan

1. **Pick a phone bedtime**, 30 minutes before you want to sleep.
2. **Charge the phone outside your bedroom** or across the room.
3. **Solve the alarm problem:** use a simple alarm clock, or put the phone where you must stand up to turn it off.
4. **Put something on your nightstand:** a book, a notebook, or nothing at all.
5. **Turn on Downtime or Bedtime mode** for your sleep hours (see the iPhone or Android guide). Allow family and emergency contacts.

If tonight goes badly

Use the same bedtime tomorrow. One night doesn't decide the habit. If you need your phone reachable for emergencies, keep the ringer on. The point is distance, not being unreachable.

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