A one-hour wind-down that fits your bedtime

Lull Wind-down plan · instacalc.co

Wind-down plan: bed at 10:45 PM for an alarm at 6:30 AM

1. 4:45 PM **Last coffee.** One cup of brewed coffee (about 95 mg) then leaves no more than 50 mg at bedtime, by our caffeine cut-off calculator's rule.
2. 7:45 PM **Last big meal, and any hard exercise, finished.** NIOSH: no heavy, spicy meals 2 to 3 hours before bed; exercise at least 3 hours before, if falling asleep is hard for you.
3. 8:45 PM **Lights low.** Lamps instead of the ceiling light for the last 1 to 2 hours (NIOSH).
4. 9:45 PM **Wind-down alarm.** From here, only relaxing things: NIOSH suggests an alarm an hour or so before bedtime as the reminder.
5. 10:15 PM **Devices off.** Phone, laptop and TV off 30 minutes before bed (CDC and AASM). Then teeth, face and pajamas.
6. 10:45 PM **Lights out.** Optional: a steady sound with a timer, if that is how you like to fall asleep (see below).

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instacalc.co/learn/wind-down-routine-before-bed.html

Figures as of Oct 2026 · latest at instacalc.co/learn/wind-down-routine-before-bed.html

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