MY EVENING PROTOCOL:
The Recharge & Reset

THE HOPEFULL INSTITUTE

Use this sequence to shut down your brain and prep for tomorrow.

1. The Digital Sunset

Phone Lockdown: I will store my phone away at [_____] PM to stop blue light from blocking my sleep hormones.

Screen Zero: I will commit to staying off social media to avoid late-night distractions that break my routine.

2. Environmental "Blackout"

The Overhead Cutoff: I will turn off all bright overhead lights at [_____] PM to signal to my brain that it's time to wind down.

Room Optimization: I will make my sleep environment a "dark cave" by:

- ☐ Using block-out curtains or an eye mask.
- ☐ Covering glowing LEDs on chargers or clocks.
- ☐ Minimising streetlights and electronic clutter.

3. The "Brain Dump" (Tomorrow's Map)

I will organize my to-do list for tomorrow at [_____] PM so I don't lay in bed thinking about tasks.
I'll use my preferred method whether it's a digital app, bullet journal, planner, or whiteboard—to lock in my goals.

4. Hygiene & Relaxation

My scheduled bath or shower time is [_____] PM to help lower my core body temperature for sleep.
I will incorporate calming activities like light stretching, reading a physical book, or meditation to promote deep relaxation.

5. The Dopamine Detach

The Gaming/Chat Cutoff: I will log off all multiplayer games or group chats by [_____] PM. I know that "one more round" or an intense debate spikes my adrenaline and makes my brain too "loud" to sleep.

Notifications Silence: I will set my phone to "Do Not Disturb" or "Sleep Mode" automatically at [_____] PM so a random 2:00 AM meme doesn't wake me up.

6. The Morning-Prep Cheat Code

Outfit & Bag Ready: I will pick out my clothes and pack my backpack by [_____] PM. This saves me 15 minutes of "morning panic" and lets me sleep in a little later.

The Breakfast Plan: I'll decide what I'm eating for breakfast tonight, so I don't skip it and crash during 2nd period.

7. The Homework Hard Stop

The Productivity Wall: I will stop all schoolwork by [_____] PM. Doing math problems late at night is less effective because my brain is tired, and the stress prevents me from hitting deep sleep.

The Done List: Instead of worrying about what I didn't finish, I'll write down one win from today's classes.

8. The Consistency Streak

The Weekend Rule: On Friday and Saturday, I will try not to stay up more than 1 hour past my usual bed-time. This prevents "Social Jetlag" so Monday morning doesn't feel like a nightmare.

Sunlight Start: I will try to open my blinds or step outside within 10 minutes of waking up at [_____] AM to "reboot" my internal clock.

9. The Final Shutdown

Lights Out: My head will hit the pillow for a strict bedtime of [_____] PM.