Winding Down Without a Drink

> *"Such as are thy habitual thoughts, such also will be the character of thy mind; for the soul is dyed by the thoughts."*
>
> Marcus Aurelius, Meditations 5.16 (tr. Long)

Sleep is often unsettled for a while after stopping, and usually improves. Plan the last two hours of the evening so there is a calm routine in place of the drink. The notes are for noticing patterns, not for scoring yourself.

My wind-down: two hours before bed

Screens off, a warm drink, a bath, reading, stretching.

If I cannot sleep

Get up, low light, something dull, back to bed when sleepy.

NIGHT	IN BED	WOKE	WHAT HELPED	NOTES
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

If poor sleep goes on for weeks or is affecting your daily life, talk to your GP. If you drink heavily every day, do not stop suddenly without medical advice.

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