



FREE FROM DAVID BRYAN SMITH

The Nightly Wind-Down Checklist

*Nine things, in order, that tell your
nervous system the day is over.*

DAVID BRYAN SMITH

AMERICA'S GENTLEMAN HYPNOTIST

Start 90 Minutes Before Bed

You can't sprint from your day into sleep. This is the off-ramp — nine steps across three windows.

90 MINUTES OUT · THE HANDOVER

- ☐ **Write tomorrow down.** Every open loop — the calls, the pickup, the thing you keep re-remembering — onto one piece of paper. Your mind runs the list all night because it doesn't trust you to remember. Paper is trustworthy.
- ☐ **Say the day is done, out loud.** One sentence: "That's the day." It sounds silly. It works, because a spoken cue is a signal the deeper mind actually registers.
- ☐ **Last real food, last real screen decision.** Heavy food and hard news are both stimulants after this point. Choose them now or not at all.

The handover is the step almost everyone skips — and it's the one that stops 3 AM list-running before it starts.

60 MINUTES OUT · THE DIMMING

- ☐ **Drop the light by half.** Lamps instead of overheads. Your body reads falling light as dusk and starts the melatonin it's been holding back all evening.
- ☐ **Warm, then cool.** A shower or bath now means your core temperature *drops* in an hour — and that drop is one of the strongest sleep signals your body has.
- ☐ **Set the room at 65–68°F.** Cooler than feels cozy. Cozy is for the couch; cold is for sleep.

IN BED · THE RELEASE

- ☐ **Face, shoulders, arms, breath, legs.** In that order, let each one go. This is the military aviator sequence — the same one on your free audio.
- ☐ **Breathe out longer than you breathe in.** A long exhale is a direct instruction to the nervous system to stand down. Four in, six or eight out. No counting past that.
- ☐ **Give the mind one still picture.** A canoe on flat water. Blue sky. When a thought drifts in, let it pass and come back to the picture. You're not fighting thoughts — you're giving the mind something quieter to hold.

If you're still awake after 20 minutes, get up. Dim room, no screen, boring book, back to bed when heavy. Lying there awake teaches your brain that bed means thinking.

Print This. Put It Where You'll See It.

Habits don't need motivation. They need a visible cue.

Tape it inside a cabinet door, or leave it on the nightstand. You'll follow it consciously for about a week. After that your body starts running the sequence on its own — which is the entire point. You're not trying to force sleep. You're building a runway so it can land.

Miss a night, or five? Nothing is lost. There's no streak to break. Start again at the top the next evening.

The 11-minute version, in my voice

The last three steps of this checklist are the ones people find hardest to do alone — that's what hypnosis is for. **The Military Sleep Method** walks you through the whole release, start to finish, free.

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When one night isn't the problem

If it's every night, a checklist won't rewrite the pattern underneath it. **The Sleep Reset Program** is seven guided sessions — one per night — that retrain what your mind does at bedtime.

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This checklist is for general relaxation and wellness. It is not medical advice and is not a substitute for care from your physician — if you suspect a sleep disorder such as apnea or chronic insomnia, please see them. Individual results vary.

*"Sleep isn't something you do.
It's what happens when you stop doing everything else."*

DAVID BRYAN SMITH · AMERICA'S GENTLEMAN HYPNOTIST