
YOUR SLEEP GATE

A Nightly Cognitive Offload for Deeper Rest

Close the Day. Clear the Mind. Open the Night.

“What you write down, you don’t have to sleep with.”

Your Premise (The Science)

Writing a to-do list helps people fall asleep 37% faster.

Scullin et al., 2018 – Baylor University Sleep Study

The “open loops” concept:

Your brain keeps you awake to “remember” unfinished tasks.

The paradox:

Planning for tomorrow helps you rest tonight.

Current time to fall asleep: _____ minutes

How often I wake up thinking about tasks: _____

Night of: _____

Sleep Quality Last Night (1-10): _____

Tomorrow's Priorities *(The To-Do)*

Top 3 must-do items only (not the whole list) – prevents overwhelm

Worries to Park *(The Offload)*

Anything circling that isn't actionable tonight – "I release this until morning"

Wins to Savor *(The Close)*

One thing accomplished today worth acknowledging – prevents achievement anxiety

Your Somatic Check

Where am I holding tension? (Jaw, shoulders, gut)

Your Gift for Morning Self

One small kindness to wake up to (coffee ready, clothes out, one fun task scheduled)

EXTRACTION BOX

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Your thought to release tonight:

Your Weekly Sleep Review

Average sleep onset time: _____

Nights completed the Sleep Gate this week: _____

Correlation between offload and rest quality:

Pattern recognition:

"I sleep worst when I forget to..."

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One adjustment to my evening routine:

Your Instructions for Use

- **How to use**

10 minutes before bed, same spot nightly, no screens after writing.

- **Your “Pen and Paper Only” rule**

No digital – blue light defeats the purpose of winding down.

- **When to stop tracking**

You’ll know the ritual is working when you don’t need the paper.

- **Explore more**

Link to other Nourished Journeys tools and resources.

Rest well. The day is done.