RVOSTUDIO

FREE ADHD PRINTABLE

Wind-Down

ADHD brains don't have an off-switch — they have a dimmer. Tick your way down so "go to bed" stops being one huge vague task.

- [ ] **Set tomorrow's ONE thing**
  Just one. Write it where you'll see it.
- [ ] **Brain-dump the swirl**
  Everything buzzing — get it on paper so your head can clock off.
- [ ] **One-tab shutdown**
  Close the tabs, apps, and 12 open loops.
- [ ] **Water by the bed**
  Future-3am-you says thanks.
- [ ] **Dim the lights**
  Signal to your brain the day is ending.
- [ ] **Sort tomorrow's stuff**
  Clothes out, bag by the door.
- [ ] **One kind thing for you**
  Wash face, stretch, comfy clothes — small, not a whole routine.
- [ ] **Screens across the room**
  Not on the pillow.

Winding down is genuinely hard for you. Doing it at all is the win.