# The 2-Minute Wind-Down

**A two-minute landing sequence for the last minutes before sleep.**

**1** **Feet on the floor (0:00–0:30)**

Sit on the edge of the bed. Press both feet flat and notice the pressure and temperature. Cold floor works even better.

**2** **Longer outs than ins (0:30–1:15)**

Breathe in for a count of 4, out for a count of 6, five times. The long exhale is the signal — it tells your body the day is over.

**3** **Park tomorrow (1:15–1:45)**

Say one sentence, out loud or in your head: “Tomorrow's first job is ___.” Naming the first job only gives your mind a place to set everything else down.

**4** **Lights out, one image (1:45–2:00)**

Pick one boring, pleasant scene — a slow walk, a quiet beach — and hold it loosely. When a replay shows up, return to the scene without arguing with the replay.

**The rule: two minutes, same order, every night.**

Repetition is what teaches your body that this sequence means sleep.
More free tools: graceful-kitsune-75c701.netlify.app/free.html

A free Bettervia resource. It stands on its own — it is not a page from The 3 A.M. Brain workbook.
Educational information about psychology — not medical advice, diagnosis, or treatment.