

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.
