



The Frictionless Better Sleep Framework

You don't need a perfect evening routine.
You simply need to give your mind permission to finish the day.

Disconnect

Close work. Put the phone down. Let today end before tomorrow begins.

Dim

Reduce stimulation.

Softer light and quieter surroundings signal that it's time to slow down.

Reflect

Capture the thoughts you need tomorrow.
Instead of carrying them into bed.

Rest

You don't need to earn sleep.
You need to create enough space for it to arrive naturally.
