

BodyReliefHub

Evening Wind-Down & Recovery Guide

A simple evening routine to calm your nervous system, reduce muscle tension, and support deeper sleep.

How to Use This Guide

This guide is designed for the final 30–60 minutes of your day. Choose a calm, quiet environment and move slowly without rushing.

Evening Wind-Down Routine

Digital Switch-Off

Dim lights and step away from phones, tablets, and laptops to signal bedtime.

■ 10–15 minutes

Gentle Breathing

Slow nasal breathing: inhale 4 seconds, exhale 6 seconds.

■ 3–5 minutes

Light Stretching

Gentle movements for hips, back, shoulders, and neck. No forcing.

■ 5–10 minutes

Body Scan Relaxation

Mentally scan from head to toe, releasing tension as you go.

■ 5 minutes

Recovery Habits to Support Sleep

Warm shower or bath

Warmth relaxes muscles and encourages natural sleep hormones.

■ Optional

Comfortable sleep setup

Supportive pillow, neutral spine position, and a cool room.

■ Nightly

Consistent bedtime

Aim to go to bed and wake up at similar times each day.

■ Daily habit

Daily Tip

Good recovery starts before sleep. Calming your body and mind in the evening improves how you feel tomorrow.

Medical Disclaimer: This guide is for educational purposes only and does not replace professional medical advice.