

# ADHD Evening Routine Checklist

Make evenings calmer and smoother with this ADHD-friendly routine. Use the checklist to wind down without overwhelm. Print it, stick it on the fridge, or keep it on your phone.

- ■ Start your power-down hour – create a buffer between day and sleep.
- ■ Use timers to help with transitions in your evening routine.
- ■ Dim the lights to signal your brain it's time to wind down.
- ■ Prep tomorrow's wins – lay out clothes, pack bag, make a simple plan.
- ■ Have a calming anchor activity (reading, journaling, light stretching).
- ■ Limit screens and avoid doomscrolling before bed.
- ■ Break tasks into micro-steps so they feel less overwhelming.
- ■ Set up sleep-friendly cues – salt lamp, sound machine, or essential oils.
- ■ Choose kindness over perfection – it's okay to leave things undone.
- ■ Stick to consistency, not rigidity – routines should feel supportive, not punishing.

## **Notes:**

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