

— CIRCADIAN SKINCARE —

Night Routine Checklist

Your simple reset for brighter, calmer, healthier skin overnight.



Step 1: _____

The 8:30 PM Digital Sunset



Digital Sunset Checklist:

- Turn off screens by 8:30 PM

- Place phone face down

- Put devices on “Do Not Disturb” mode

- Dim the lights in the room

- Choose a relaxing pre-bedtime activity



— *Step 2:* —

Early Evening Skincare Reset



Evening Skincare Checklist

- Remove Makeup Cleanse away the day's impurities.

- Apply Toner Balance and prep your skin.

- Use Serum Boost with targeted treatment.

- Eye Cream Gently tap around the eyes.

- Moisturize Hydrate and nourish your skin.

- Relax & Unwind Take a moment to breathe.

Take time to care for yourself.



Step 3:

The Dark Room Rule

Create an ideal sleep environment:

Blackout the Room

Use blackout curtains to block out all light.

No Screens Allowed

Remove all electronics - no phones, tablets, or TVs.

Cool & Comfortable

Keep the room cool and your bed cozy.

Quiet & Peaceful

Minimize noise for a calm atmosphere.

Use a Sleep Mask

Wear a sleep mask to block out any stray light.

Create the perfect setting for deep, restful sleep.

Your Weekly CIRCADIAN SKIN RESET TRACKER

HABIT TRACKER

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Notes
