

COOLDOWN SOCIETY

The Cool Bedroom Checklist

Simple comfort tweaks for cooler, calmer nights. Tick them off one at a time.

🌡️ The room

- [ ] Set the thermostat a little cooler at bedtime (many people like the low-to-mid 60s °F)
- [ ] Put a fan by the bed, pointed at you
- [ ] Close blinds on sunny afternoons so the room doesn't bake
- [ ] Crack a window or run a ceiling fan for airflow
- [ ] Turn off heat-making electronics and lamps an hour before bed

🛏️ The bed

- [ ] Swap one heavy comforter for light layers
- [ ] Choose breathable sheets (cotton percale or linen)
- [ ] Keep a top sheet for "just a little cover"
- [ ] Use a breathable pillowcase, and keep a spare nearby
- [ ] Flip your pillow to the cool side

👚 What you wear

- [ ] Light, loose sleepwear in breathable fabric
- [ ] Separates (top + bottoms) so you can shed one layer
- [ ] A spare sleep top folded on the nightstand
- [ ] Skip socks if your feet run warm

🧊 The nightstand kit

- [ ] A glass or bottle of cold water
- [ ] A cool washcloth in a small bowl
- [ ] A soft cold pack to slip under the pillow
- [ ] A small towel for damp moments
- [ ] A handheld or clip-on fan

Start small: pick three boxes tonight. Add more next week.

Comfort ideas only, not medical advice. Talk with your healthcare provider about your symptoms.

🌙 The wind-down routine

- [ ] Take a lukewarm (not hot) shower before bed
- [ ] Dim the lights and screens in the last hour
- [ ] Have a lighter dinner a few hours before bed
- [ ] Notice whether evening drinks seem to make nights warmer, and adjust if so
- [ ] Try a few slow breaths once you're under the covers

⏰ If you wake up warm

- [ ] Kick off one layer instead of every layer
- [ ] Turn the fan toward your face and neck
- [ ] Sip cold water and press the cool washcloth to your wrists
- [ ] Change into the spare top if you're damp
- [ ] Keep the lights low so it's easier to drift back off

📝 My cool-night plan

Thermostat setting that feels good: _____

Three swaps I'll try this week: _____

_____

What helped most: _____

🗓️ 7-night tracker

Night	Room temp	Woke warm?	What helped
1			
2			
3			
4			
5			
6			
7			

More cool-night ideas every week in **The Cooldown** newsletter. With love, The Cooldown Team