Two plans for one finish time

When your evening runs late, decide what still fits. Make a usual plan and a shorter version that ends at the same time.

A worked example · Finish at 22:30

Usual Pack bag 5 min + read 15 min + set alarm 2 min
22 min total. Begin at 22:08.

Shorter Pack bag 5 min + read 3 min + set alarm 2 min
10 min total. Begin at 22:20.

Your finish time _____

Choose up to four steps. Use 0 for any step you decide to leave out.

Step	Usual minutes	Shorter minutes
Total minutes in each plan		
Start time in each plan		

Start = finish time minus total minutes. If it crosses midnight, mark the prior day.

Tonight I'll use ☐ Usual plan ☐ Shorter plan

Calculate the times online **Explore Sleepward on iPhone**