

# *Downshifting*

## *The Act of Powering Down for Sleep*

- **DURATION OF DOWNSHIFTING**
- **BLUELIGHT AND HOW TO ELIMINATE/REDUCE ITS EFFECTS**
- **CONTENT OF TELEVISION**
- **ENVIRONMENTAL CONTROL: TEMPERATURE AND LIGHTING**
- **DOWNSHIFTING YOUR MIND: CALMING YOUR THOUGHTS**
- **TYPES OF CALMING STIMULATION**