

Phone-Free Bedroom Setup Checklist

A practical setup sheet for moving habitual phone use out of the bed and making the alternative easier.

Choose the parking location

- [Pick a charging location outside arm's reach of the bed
]
- [Make sure the cable and outlet are convenient enough to use every night
]
- [If you need the phone for emergencies, keep calls from selected contacts audible
]
- [Decide where the phone goes before you start the bedtime routine
]

Replace the jobs your phone was doing

Phone job	Replacement	Where will it live?
Alarm		
Reading		
White noise/music		
Clock		
Notes/reminders		

Evening boundary

- [Set a consistent parking time rather than waiting until you feel tired]
- [Finish essential messages before the phone is parked]
- [Use Do Not Disturb, Focus, or Bedtime mode if late alerts are the trigger]
- [Keep one low-effort offline activity ready for the first few evenings]

Morning boundary

- [Choose a reason to leave bed before retrieving the phone]
- [Do one physical action first: wash, dress, make coffee, open curtains, or take a short walk]
- [Keep social feeds blocked or off the Home Screen until your chosen time]

Seven-night review

Night	Phone parked?	What pulled me back?	Change for tomorrow
1			
2			
3			
4			
5			
6			
7			