



Evening Screen Detox Guide

Simple Steps to Detox
Your Screen Time and
Sleep Better Tonight

Why Digital Screens Disrupt Your Sleep

Did you know that the blue light from your phone, tablet, or computer can trick your brain into thinking it's still daytime? This light suppresses melatonin, the hormone responsible for helping you sleep.

Spending hours scrolling before bed can delay your sleep cycle, reduce sleep quality, and even impact your gut health. The good news? A simple evening screen detox can make a huge difference.



Simple Detox Steps for Better Sleep

1. Turn Off Screens 60 Minutes Before Bed

Give your brain time to wind down by switching off devices at least one hour before you plan to sleep.

2. Enable Night Mode or Blue Light Filter

Activate night shift mode on your devices to reduce blue light exposure in the evening.

3. Wear Blue Light Blocking Glasses

If you must use screens, wearing blue light glasses can filter out harmful light and protect your melatonin levels.

4. Replace Scrolling with Book Reading

Swap your late-night social media scrolling with reading a physical book or using an e-reader with a warm light setting.

5. Try a Meditation App with Dark Mode

Listening to guided meditations or calming sounds on apps with dark mode can help you relax without overstimulating your eyes.





Quick Tips Recap

Action	Why it helps
Turn off screens 60 min before bed	Allows melatonin production to begin naturally
Enable night mode or blue light filter	Reduces harmful blue light exposure
Wear blue light blocking glasses	Filters out blue light from screens
Read a physical book instead of scrolling	Keeps brain calm and reduces stimulation
Use dark-mode meditation apps	Helps relax without bright screen interference



You're Ready to Sleep Better!

Thank you for downloading the Evening Screen Detox Guide. Start implementing these simple steps tonight and feel the difference in your sleep quality and overall wellness.

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