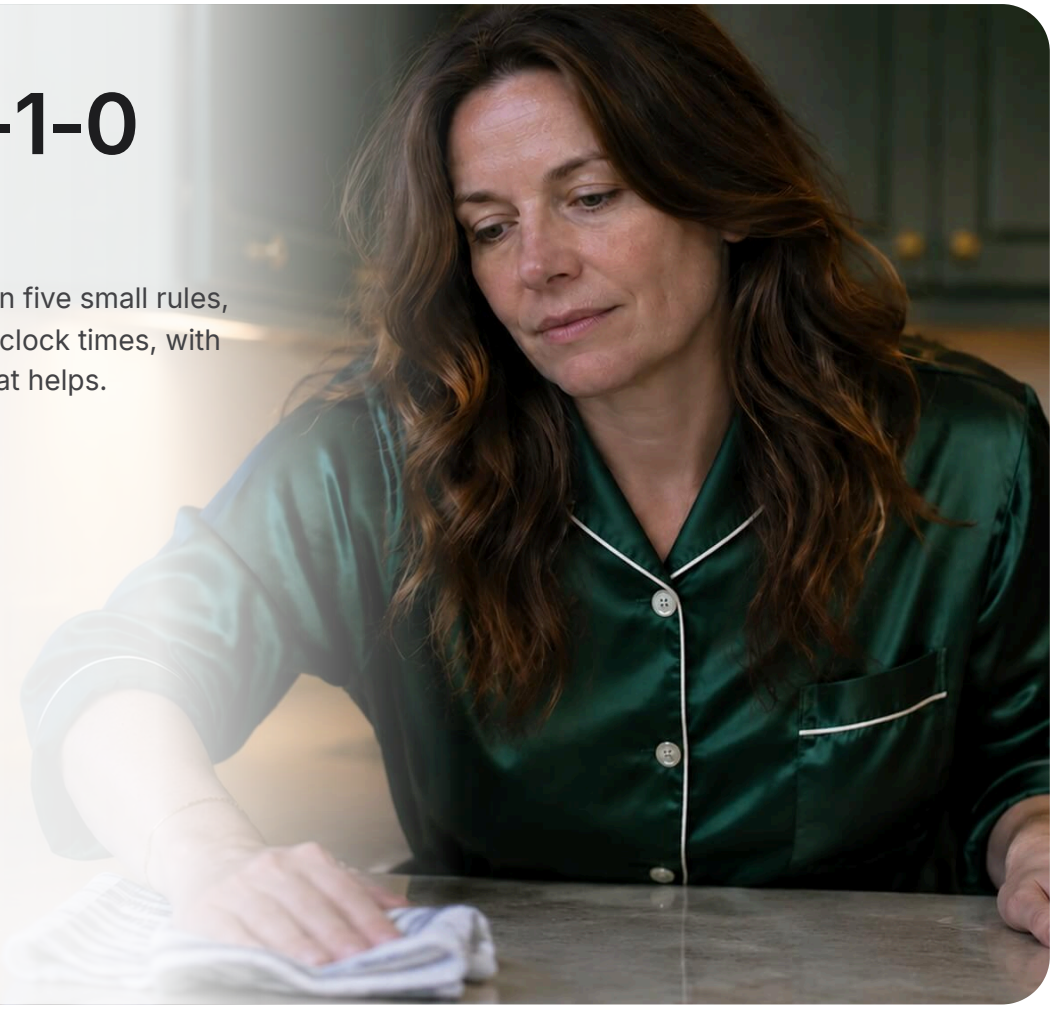
10-3-2-1-0 Rule

A countdown to bed in five small rules, turned into your own clock times, with two weeks to see what helps.



WHY IT HELPS

Evenings drift. A coffee at four, emails at nine, a phone in bed. This sheet turns a popular bedtime countdown into times that fit your night, then lets two weeks of ticks show which parts make a difference for you.

HOW TO USE IT

Set	Write your bedtime and five cut-offs.
Tick	Tick each part you keep for 14 nights.
Review	Compare your scores and choose what to keep.

INSIDE

2	A filled-in example	3	My countdown and grid
4	A review example	5	My review

Start with the part you break most. One steady change beats five that slip by Thursday.

MY BEDTIME

10:30 pm

Write the bedtime you can keep most nights. Count back 10, 3, 2 and 1 hours and write each cut-off time.

1 My cut-off times

10	**No caffeine after** 10 hours before bed	12:30 pm
3	**No food or alcohol after** 3 hours before bed	7:30 pm
2	**No work after** 2 hours before bed	8:30 pm
1	**No screens after** 1 hour before bed	9:30 pm
0	**Snooze presses** Up at the first alarm	None

2 Two weeks of nights

Tick each part you kept. Score your sleep each morning, 1 poor to 5 great.

PART	1	2	3	4	5	6	7	8	9	10	11	12	13	14
10 No caffeine	☑	☑	☑	☑	☑	☐	☑	☑	☑	☑	☑	☑	☐	☑
3 No food or alcohol	☑	☑	☐	☑	☑	☐	☑	☑	☑	☑	☐	☑	☐	☑
2 No work	☑	☑	☑	☑	☐	☑	☑	☑	☑	☑	☑	☑	☐	☑
1 No screens	☑	☐	☑	☑	☐	☐	☑	☐	☑	☑	☐	☑	☐	☐
0 Snooze presses	☑	☑	☐	☑	☑	☐	☑	☐	☑	☑	☐	☑	☐	☑
1-5 Sleep score	4	3	3	4	3	2	4	3	4	4	3	4	2	3

3 Exceptions from my care team

Medicines with food, bedtime snacks, shift days.

Evening medicine with a small snack, per my doctor

4 Notes on hard nights

What got in the way, and what I tried.

Night 6: late work call, coffee at 5 pm, slept badly

Night 13: friend's dinner, ate at 9 pm

MY BEDTIME

Write the bedtime you can keep most nights. Count back 10, 3, 2 and 1 hours and write each cut-off time.

1 My cut-off times

10	**No caffeine after** 10 hours before bed	
3	**No food or alcohol after** 3 hours before bed	
2	**No work after** 2 hours before bed	
1	**No screens after** 1 hour before bed	
0	**Snooze presses** Up at the first alarm	

2 Two weeks of nights

Tick each part you kept. Score your sleep each morning, 1 poor to 5 great.

PART	1	2	3	4	5	6	7	8	9	10	11	12	13	14
10 No caffeine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3 No food or alcohol	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2 No work	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1 No screens	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
0 Snooze presses	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1-5 Sleep score														

3 Exceptions from my care team

Medicines with food, bedtime snacks, shift days.

4 Notes on hard nights

What got in the way, and what I tried.

1 Nights I kept each part

10 12 / 14	3 10 / 14	2 12 / 14	1 7 / 14	0 9 / 14

PART I KEPT MOST

10 caffeine and 2 work, 12 nights each

PART I KEPT LEAST

1 screens, 7 nights

2 Did more ticks mean better sleep?

AVERAGE SCORE, NIGHTS WITH ALL FIVE

4.0 on 6 nights

AVERAGE SCORE, OTHER NIGHTS

2.8 on 8 nights

Slept better when the phone stayed in the kitchen

3 What I will keep

Caffeine by 12:30 pm

No work email after 8:30 pm

4 What I will change

Charge the phone in the kitchen at 9:30

Alarm across the room

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

1 Nights I kept each part

10 ____ / 14	3 ____ / 14	2 ____ / 14	1 ____ / 14	0 ____ / 14

PART I KEPT MOST

PART I KEPT LEAST

2 Did more ticks mean better sleep?

AVERAGE SCORE, NIGHTS WITH ALL FIVE

AVERAGE SCORE, OTHER NIGHTS

3 What I will keep

4 What I will change

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

Get the app
careclinic.io