



# BEDTIME COUNTDOWN

*Power down, gently.*

SAME ORDER EVERY NIGHT

SCREENS LAND AT T-60

T - 60

*screens off – runway starts*



.....

T - 45



.....

T - 30



.....

T - 20



.....

T - 10



.....

LIGHTS OUT AT .....



+15 XP CALM NIGHT

*An ADHD brain can't brake from full speed – the countdown is the off-ramp.*