The 7-Day Sleep Reset Plan

Day 1: Clean Your Sleep Environment

Your bedroom sets the foundation for rest. Today, your goal is to create a space that feels calm, clutter-free, and designed for sleep.

- Remove unnecessary electronics and distractions.
- Wash and freshen bedding.
- Check room temperature (ideal: 60–67°F / 15–20°C).
- Reduce light and noise - consider blackout curtains, white noise machines, or fans.

Day 2: Fix Your Wake-up Time

Consistency is key to resetting your body clock. Today, you'll commit to a **fixed wake-up time**, even on weekends.

- Choose a time you can realistically maintain every day.
- Pair your wake-up with **morning light exposure** - open curtains or step outside.
- Avoid hitting snooze - get out of bed as soon as the alarm rings.

Day 3: Build Your Morning Routine

Your mornings shape your energy for the entire day. Today, focus on creating a routine that wakes up both body and mind.

- Get sunlight exposure within the first 30 minutes.
- Move your body - gentle stretching, yoga, or a brisk walk.
- Eat a balanced breakfast that includes protein and complex carbs.
- Limit early caffeine to before noon.

Day 4: Establish Your Evening Wind-Down

How you end your day matters just as much as how you start it. Tonight, begin a **wind-down ritual** that trains your brain to associate certain cues with sleep.

- Dim lights 1–2 hours before bed.
- Shut down screens or use blue-light filters.

- Try calming activities: reading, journaling, stretching, meditation, or a warm shower.
- Keep a consistent **bedtime window** (e.g., 10–11 p.m.).

Day 5: Cut Caffeine/Alcohol At The Right Time

Both caffeine and alcohol can interfere with sleep quality. Today is about timing consumption to minimize their effects.

- Stop caffeine intake at least **6–8 hours before bedtime**.
- Avoid alcohol in the **3–4 hours before bed** - it disrupts REM sleep.
- Hydrate steadily through the day, but taper off before bedtime to prevent night wakings.

Day 6: Add Exercise and Stress-Reduction

Physical activity and stress management directly impact sleep. Today, integrate them into your daily rhythm.

- Aim for at least **30 minutes of moderate exercise** (morning or afternoon works best).
- Avoid intense workouts within 2–3 hours of bedtime.
- Try stress-reducing practices: deep breathing, progressive muscle relaxation, or short meditation.

Day 7: Fine-Tune With Tracking & Adjustments

The final day is about reflection and adjustment. Not every strategy works the same for everyone, so learning your body's responses is key.

- Use a sleep journal or tracker to note bedtime, wake-up time, and energy levels.
- Pay attention to trends, not single nights.
- Adjust routines - experiment with meal timing, evening rituals, or light exposure as needed.
- Celebrate progress you've created a foundation for long-term sleep health.