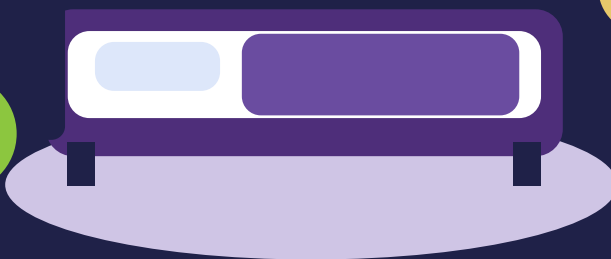


A FREE BETTER-SLEEP GUIDE

7 Simple Habits for Better Sleep

Simple nighttime steps to help you build a calmer routine and wake up feeling more refreshed.

INCLUDES A 7-NIGHT RESET PLAN





A calmer night starts with one small change



You are not “bad at sleeping.” Your brain and body respond to patterns, light, stress, timing, and your environment. The good news: you do not need a perfect routine. You only need a few helpful cues, repeated consistently.

This guide gives you seven practical habits you can test without turning bedtime into another stressful project.

How to use this guide



Read

Skim all seven habits once.
Notice which idea feels easiest for you.



Choose

Pick one habit to try tonight.
Small changes are easier to repeat.



Track

Use the 7-night plan and sleep tracker near the end of the guide.

A FRIENDLY REMINDER

Sleep can vary from night to night and may be influenced by stress, daily routines, timing, comfort, and your environment. Use this guide as a simple experiment: notice what helps, keep the changes that feel useful, and adjust one habit at a time.



What is your sleep pattern?

Check any statement that sounds familiar. There is no score to “pass.” This is simply a quick way to notice where your nights tend to go off track.

- ☐ I lie awake for a long time before falling asleep.
- ☐ I wake up in the middle of the night and struggle to fall back asleep.
- ☐ I wake up earlier than I want to.
- ☐ I sleep for several hours but still feel unrefreshed in the morning.
- ☐ My bedtime changes a lot from one night to the next.
- ☐ My mind feels busy or “switched on” at bedtime.

YOUR BEST STARTING POINT

Choose the habit that matches your biggest challenge. If nighttime wake-ups are your main issue, begin with Habit 7. If falling asleep is the problem, begin with Habits 1, 3, and 5. If mornings feel rough, focus on consistency, light, and your bedroom setup.



Choose a steady sleep window

Your body likes predictable cues.

A consistent bedtime and wake time can make your evenings feel more familiar and your mornings less chaotic. Aim for a realistic window rather than an exact minute.

Try this tonight

- 1 Pick a wake-up time you can keep most days. Start with the morning, because it anchors the rest of your schedule.
- 2 Work backward to create a reasonable bedtime window. Give yourself enough time for sleep without spending extra hours awake in bed.
- 3 Keep weekend changes modest. A little flexibility is fine; large swings can make Sunday night feel harder.

YOUR ONE SMALL STEP

Write down a 30-minute bedtime window and one wake-up time you can repeat for the next seven days.

Consistency beats intensity.



Set a caffeine curfew

The afternoon cup may still be part of your evening.

Caffeine affects people differently. Instead of guessing, experiment with timing and observe how your sleep responds.

Try this tonight

- 1 List your usual sources. Coffee, tea, energy drinks, pre-workout, chocolate, and some medications can all contain caffeine.
- 2 Move your last caffeinated drink earlier. Try a personal cutoff at least several hours before bedtime.
- 3 Swap the ritual, not just the drink. Choose decaf, herbal tea, warm water, or another caffeine-free option you enjoy.

YOUR ONE SMALL STEP

Choose your caffeine cutoff time and place it in your phone calendar for the next week.

Treat it like an experiment, not a rule forever.



Dim the evening

Give your brain a clear “day is ending” signal.

Bright light, stimulating content, and work tasks can keep your mind in daytime mode. Your evening does not have to be screen-free; it just needs a softer landing.

Try this tonight

- 1 Lower the room lights 60 minutes before bed. Use lamps instead of bright overhead lighting when possible.
- 2 Reduce visual intensity. Lower screen brightness, use night settings, and avoid emotionally activating content right before bed.
- 3 Create one “last call” time. Decide when email, news, and work stop for the night.

YOUR ONE SMALL STEP

Set one alarm labeled “Start winding down” for 45 to 60 minutes before bedtime.

Your evening should feel quieter than your afternoon.



Make dinner sleep-friendly

Aim for comfortable, not overly full.

Large or heavy meals close to bedtime may feel uncomfortable for some people, while going to bed hungry can also be distracting. The goal is a dinner pattern that leaves you comfortably satisfied.

Try this tonight

- 1 Notice timing. When possible, leave some space between a heavy meal and lying down.
- 2 Keep late snacks simple. If you are hungry, choose a familiar, modest snack rather than a large second meal.
- 3 Watch personal triggers. Spicy foods, alcohol, and very rich meals may affect sleep differently from person to person.

YOUR ONE SMALL STEP

Write down what and when you ate tonight. Tomorrow morning, note whether you felt comfortable overnight.

Your body gives useful feedback.



Build a 15-minute wind-down

A short routine is easier to repeat than a perfect one.

The purpose of a wind-down routine is not to “force” sleep. It is to lower stimulation and give your mind a predictable bridge between the day and bedtime.

Try this tonight

- 1 Minutes 15-10: Prepare tomorrow’s essentials so unfinished tasks stop circling in your mind.
- 2 Minutes 10-5: Wash up, change clothes, and lower the lights.
- 3 Minutes 5-0: Read something calm, stretch gently, or practice slow breathing.

YOUR ONE SMALL STEP

Choose three simple actions and place them in the same order tonight. Keep the routine under 15 minutes.

The goal is repetition, not performance.



Tune your bedroom

Make the room feel like a cue for sleep.

A comfortable sleep environment can reduce small disturbances that add up during the night. Focus on the changes you can control.

Try this tonight

- 1 Make it darker. Reduce glowing electronics, use curtains, or try a comfortable eye mask.
- 2 Make it quieter. Earplugs, a fan, or steady background sound may help cover unpredictable noise.
- 3 Make it comfortable. Adjust temperature, bedding, pillows, and sleepwear until the room feels calm and easy.

YOUR ONE SMALL STEP

Remove one light source, one noise source, or one comfort problem from your bedroom before bed.

Small environmental changes can feel surprisingly powerful.



Handle nighttime wake-ups

The goal is to lower pressure, not chase sleep.

Waking during the night can feel frustrating, especially when you begin calculating how little time is left. A calm, repeatable plan helps you avoid turning one wake-up into a long struggle.

Try this tonight

- 1 Do not keep checking the clock. Repeated time-checking can increase pressure and mental math.
- 2 Keep the environment dim and boring. Avoid bright screens, work, news, and stimulating conversations.
- 3 If you feel wide awake, reset gently. Sit somewhere comfortable, read a calm paper book, or practice slow breathing until you feel sleepy again.

YOUR ONE SMALL STEP

Place the "Nighttime Wake-Up Card" from the next page on your nightstand so you do not have to remember the steps.

A wake-up is a moment, not a failed night.



The 7-night better-sleep reset

Use this as a gentle experiment. Keep your chosen wake-up time as steady as you reasonably can, then add one small habit each night.

Night	Focus	One small action
1	Sleep window	Choose a bedtime window and wake-up time.
2	Caffeine	Set your personal caffeine cutoff.
3	Light	Dim lights and lower screen brightness.
4	Dinner	Notice meal timing and comfort.
5	Wind-down	Repeat a 15-minute evening routine.
6	Bedroom	Fix one light, noise, or comfort issue.
7	Wake-up plan	Place your rescue card by the bed.

AT THE END OF EACH MORNING, ASK:

“What seemed to help? What felt difficult? What is one thing I will repeat tonight?” Keep your notes brief. The purpose is to learn your pattern, not judge your night.



Your nighttime wake-up card

Print this page or take a screenshot. Place the card where you can see it without reaching for your phone.



I am awake. I am still okay.

I do not need to force sleep right now.

- 1 Stop checking the time.
- 2 Keep the room dim and quiet.
- 3 Let your shoulders and jaw soften.
- 4 Take six slow, comfortable breaths.

One wake-up does not define the whole night.

- 5 If wide awake, read something calm in low light.



7-day sleep tracker

Complete this in the morning. Use estimates; exact numbers are not necessary. The most useful question is how you feel.

Day	Bedtime	Wake time	Wake-ups	Morning energy (1-5)	What helped?
1					
2					
3					
4					
5					
6					
7					

Energy scale: 1 = exhausted, 3 = okay, 5 = refreshed. Look for trends, not perfection.

Educational Use and Independence Notice

This guide is an independent educational resource about general nighttime habits and routine-building. It is not an advertisement, product endorsement, medical service, or substitute for professional advice.

NO PRODUCT PROMOTION

No supplement, medication, device, or commercial sleep product is promoted or recommended in this guide. No company has sponsored, approved, or endorsed its content.

ABOUT THE EDUCATIONAL CONTENT

The suggestions are general sleep-hygiene ideas intended for personal reflection and routine planning. They are not clinical claims and do not guarantee any particular sleep result.

WHEN TO SEEK PROFESSIONAL GUIDANCE

Persistent or severe sleep difficulties may have many causes. Consider speaking with a qualified healthcare professional if sleep problems continue, worsen, or affect daily functioning.

Educational references

The links below are included for general background reading about everyday nighttime routines, lighting, caffeine timing, and bedroom environments.

Listing a source does not imply sponsorship, approval, endorsement, or affiliation with SleepWellness.online.

National Heart, Lung, and Blood Institute

Healthy Sleep Habits

www.nhlbi.nih.gov/health/sleep-deprivation/healthy-sleep-habits

Centers for Disease Control and Prevention

About Sleep

www.cdc.gov/sleep/about/index.html

U.S. Food and Drug Administration

Spilling the Beans: How Much Caffeine Is Too Much?

www.fda.gov/consumers/consumer-updates/spilling-beans-how-much-caffeine-too-much

Sleep Education - American Academy of Sleep Medicine

Healthy Sleep Habits

sleepeducation.org/healthy-sleep/healthy-sleep-habits/

INDEPENDENT EDUCATIONAL CONTENT

This guide contains no product promotion, commercial recommendation, or promised result.
It is intended only as a practical routine-planning resource.