

THE 3:3™ NERVOUS SYSTEM METHOD

60-SECOND SLEEP RESET

STOP OVERTHINKING, CALM ANXIETY,
AND FALL ASLEEP FAST TONIGHT



3:3™

14-DAY SLEEP RESET TRACKER



YOUR 14-DAY COMMITMENT

Small daily actions. Big transformation.

Use this tracker to build consistency, reset your nervous system, and reclaim your nights.

START DATE: _____

TARGET DATE: _____

DAY	DATE (MM/DD)	BEDTIME (HH:MM)	WAKE TIME (HH:MM)	SLEEP QUALITY (1-10)	3:3™ METHOD COMPLETED (TOTAL MINUTES)		NOTES / HOW I FEEL
					Total minutes spent using the 3:3™ Method	CHECK	
DAY 1	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	
DAY 2	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	
DAY 3	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	
DAY 4	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	
DAY 5	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	
DAY 6	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	
DAY 7	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	
DAY 8	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	
DAY 9	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	
DAY 10	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	
DAY 11	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	
DAY 12	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	
DAY 13	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	
DAY 14	___/___	:	:	1 2 3 4 5 6 7 8 9 10	_____ min	☐	



DAILY REFLECTION

- What time did I start my wind-down?
- Did I complete the 3:3™ Method before bed?
- How rested did I feel this morning?
- What helped me sleep better?
- What will I do differently tomorrow?



FALL ASLEEP
FASTER



CALM YOUR
MIND



REDUCE ANXIETY
NATURALLY



WAKE UP
REFRESHED