



THE SLEEP RESET BLUEPRINT

5 Proven Steps to End Restless Nights and
Reclaim your Focus and Energy



ABOUT THE AUTHOR

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I'm a certified sleep coach and my mission is to help people build healthy sleep habits - for life

Sleep is often the first thing in our routine that we neglect when life gets busy. Even though we know it's important, it can often seem elusive to us. We find it hard to settle down at night and our overactive minds keep us from getting the restful nights we deserve.

I have struggled myself many times and have also faced unique challenges due to my ADHD. I know that sleeping well can feel like a never-ending battle.

This guide is compiled of my research, personal experience and the work I do with my clients.

You can build a healthy relationship with sleep and I'm here to support you on this journey.



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INTRODUCTION

WHY YOU STILL CAN'T SLEEP- AND WHY
IT'S NOT YOUR FAULT



The Hierarchy of Sleep Success

If you're like most sleep-deprived people, you've tried every single hack or piece of advice you can get your hands on. And it's not your fault.

That's exactly how sleep advice is marketed:

- Buy a new mattress
- Cut blue light
- Avoid caffeine after 2PM
- Take magnesium or melatonin
- Try a sleep tracking app

But here's the truth: those things are Step 4 or 5 in the hierarchy of sleep recovery and you can't get to your goal of sleeping well by skipping 1, 2 and 3.

Those tips can only optimize what's already working - they can't fix what's broken at the foundation.

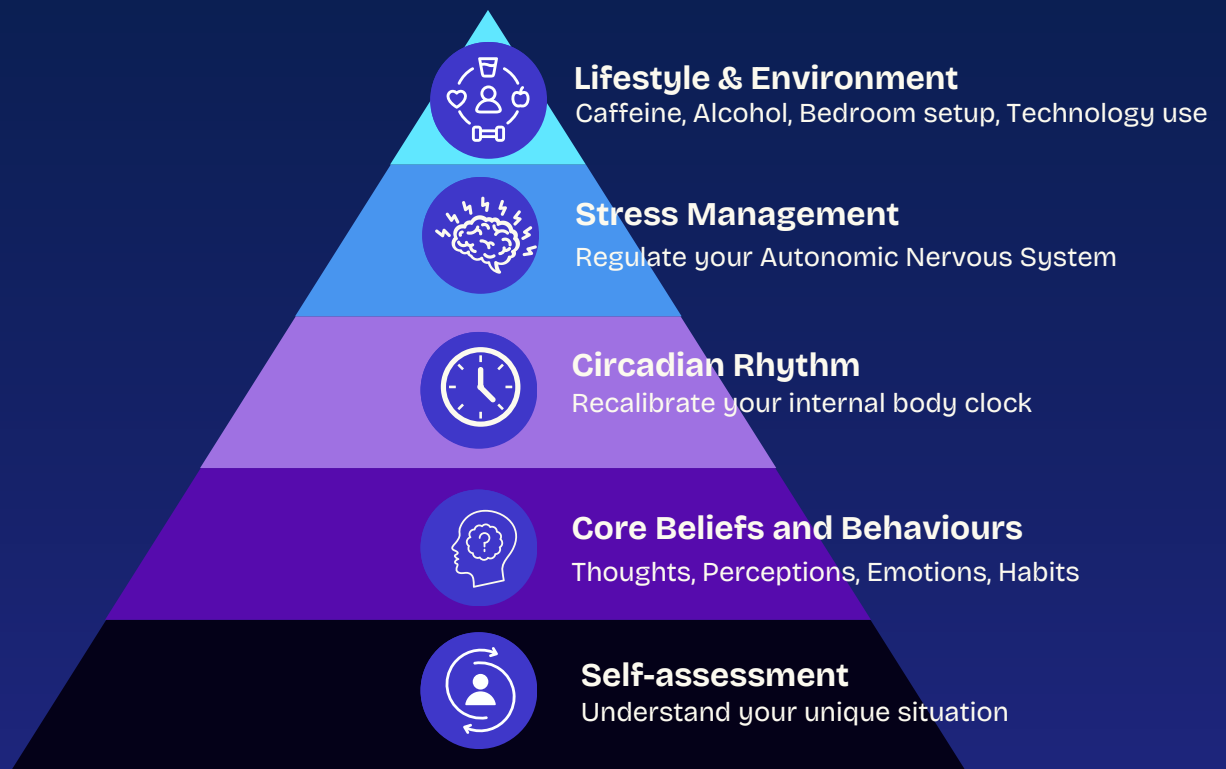
This guide will walk you through the exact order in which sleep can be rebuilt and why most people fail because they start at the top instead of the bottom.

The Sleep Hierarchy: Why the Right Sequence Changes Everything

Imagine sleep as a pyramid. Most people focus on the top, trying to adjust surface-level variables like bedroom lighting or caffeine intake while the **foundation underneath is cracked**.

Here's how sleep success is actually structured:

- **Self-assessment:** You can't fix a problem if you don't know the root cause(s). Awareness is the first step to any improvement including sleep.
- **Core Beliefs and Behaviours:** Probably the most critical step in your sleep improvement journey. Most sleep issues are caused by negative thoughts, perceptions as well as misconceptions about sleep. We need to address them first so you can stop the worrying cycle and create a more healthy relationship with sleep.



- **Circadian Rhythm Alignment**

Reset your internal clock so your body naturally knows when to be awake and when you to be asleep.

You may be sleeping at the wrong time for your genetic preference, exposing yourself to mis-timed light exposure, or training your body to wake up at 3am.

Circadian chaos undermines even the best behavioral changes unless fixed early in your sleep hierarchy.

- **Stress Management**

Your body won't let you sleep if you are constantly in "fight or flight" mode.

You need to learn how you can better regulate your nervous system and deal with stressful periods in your life without falling back into a negative thought and bad sleep spiral.

- **Lifestyle and Environment**

Once you have a foundation for consistent sleep, you can start optimizing things by making tweaks to your lifestyle, for example reducing the amount of alcohol before bed, experimenting with different types of pillows or a new mattress.

But remember: obsessing over the perfect routine and setup can actually move you down the pyramid and negatively impact your sleep.

If your nervous system is in overdrive, it doesn't matter how cool your room is.

If your brain is stuck in the belief that you're broken or cursed when it comes to sleep, no sleep supplement will override that and you will continue behaving in a way that contradicts natural sleep.



You're not weak, undisciplined, or genetically cursed. You've just been starting in the wrong place.

This guide is built to **rebuild your sleep from the foundation up** — in the only order that works:

Step 1: Assess yourself and identify root causes

Step 2: Reframe your beliefs and break the performance loop

Step 3: Reset your circadian rhythm

Step 4: Regulate your nervous system with proven techniques

Step 5: Optimize your lifestyle and environment for consistency

Each step builds on the last. Skip the foundation, and nothing holds.

**YOU'RE NOT BROKEN
- YOU'RE JUST
OPERATING WITHOUT
A FRAMEWORK**

WHAT YOU'RE GETTING - AND WHY IT WORKS

This isn't a one-size-fits-all "sleep hygiene checklist."

It's the distilled version of real-world clinical protocols used in CBT-I and integrative sleep coaching - tailored to work in the real world with real people.

 **70–80% of patients improve using CBT-I**

(Annals of Internal Medicine, JAMA Psychiatry)

And unlike pills, this system retrains your body to sleep naturally and reliably - even in new environments or under stress.

By the end of this guide, you'll not only sleep well again... you'll understand why and you will have the skills and knowledge to help you through periods of stress and sleepless nights (which are a normal part of life) and how to successfully get back on track.



BEFORE WE BEGIN

Here's the one mindset shift that unlocks everything

**SLEEP IS NOT SOMETHING YOU FORCE. IT'S
SOMETHING YOU'RE WIRED TO DO...**

**ONCE YOU STOP INTERFERING WITH THE
WIRING.**

This guide is about removing the friction, step by step.

Let's start with the foundations of how sleep works.

The 3 Sleep Mechanisms You Need to Harmonize

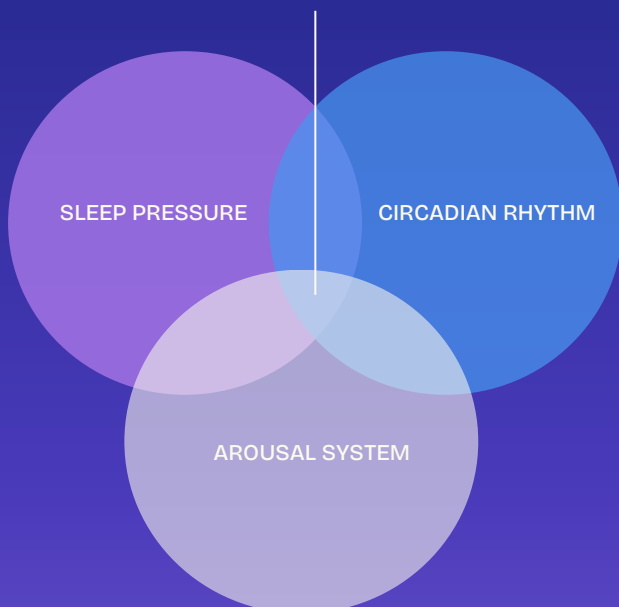
To understand why you can't sleep, you need to understand how sleep actually works.

🔑 Think of sleep like a locked vault. You need three keys to open it.

They are:

1. **The Sleep Pressure System**
2. **The Circadian Rhythm System**
3. **The Arousal (Nervous) System**

UNLOCKS OPTIMAL SLEEP



✓ 1. Sleep Pressure: Your Biological Urge to Sleep

This is your body's way of telling you:

"You've been awake long enough. Time to shut down."

It's driven by a chemical called adenosine, which builds up in your brain the longer you're awake. Once you fall asleep, it goes down and down - until you wake up again in the morning.

The more adenosine, the more pressure to sleep - giving you the signal to go to bed.

Why this breaks:

- Daytime naps (especially in the latter half of the day) reset your pressure prematurely
- Staying in bed too long or sleeping in on the weekend (common in insomnia) weakens your body's natural drive
- Caffeine blocks adenosine receptors and masks your sleepiness

💡 Sleep restriction therapy is an effective method in treating insomnia as it naturally builds sleep pressure. It sounds counterintuitive but sometimes the answer is not going to bed early but restricting the time spent in bed. We will dive deeper into this method later on.



✓ 2. Circadian Rhythm: Your Internal Sleep-Wake Clock

This is your 24-hour biological clock, the system that tells your brain when to sleep and when to be alert.

It's controlled by:

- Light exposure (**especially morning light**)
- Meal timing
- Activity rhythms
- Temperature patterns

When aligned properly, your circadian rhythm triggers a natural wave of melatonin rise and cortisol fall around bedtime.

Why this breaks:

- Inconsistent wake times, a lack of natural light combined with our constant exposure to artificial lights confuse our internal clock
- People with evening chronotypes are misaligned with typical 9-5 work schedules.
- Our eating schedule is very different to our ancestors and we now eat in a much longer time-window making it much more difficult for our digestion to settle down in time for bed.

✓ 3. Arousal System: Your Nervous System's Gatekeeper

This system decides whether your body is in:

- Fight or flight (sympathetic activation)

OR

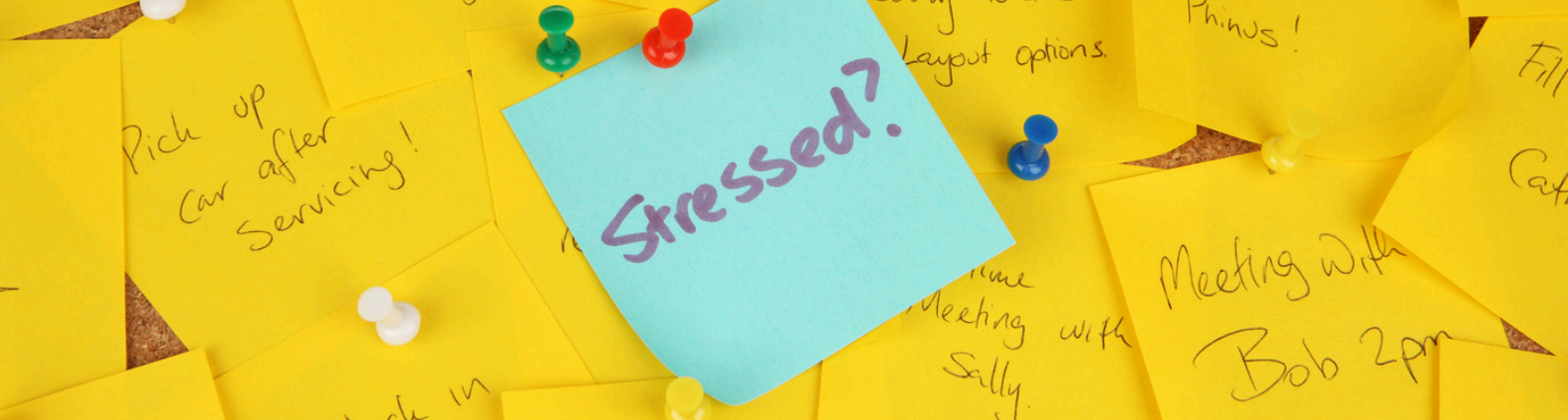
- Rest and digest (parasympathetic mode)

Sleep can only occur when your parasympathetic system is dominant.

If your brain perceives threat- even imagined threat like "What if I don't sleep again?" - sleep shuts off.

This is why anxious, perfectionistic, or overstimulated minds can't fall or stay asleep - the arousal system won't let them.





Why this breaks:

- Stress, worry, racing thoughts activate cortisol and adrenaline
- Even trying too hard to sleep creates performance anxiety that activates the wrong system
- Work-related rumination now accounts for 25% of all reported sleep disturbances (Occupational & Environmental Medicine, 2021)
- MRI scans of insomniacs show increased brain metabolism during sleep, proving the brain is still “on.” (Sleep Medicine Reviews, 2010)

THE PROBLEM ISN'T THE SYSTEMS. IT'S THE MISALIGNMENT.

Here's the key truth:

Your brain knows how to sleep. It's just getting bad inputs.

And when these three systems are out of sync — or stuck in the wrong state — your sleep fails, no matter how hard you try.

Imagine trying to fall asleep while your nervous system is in fight mode, your circadian rhythm thinks it's 10am, and your adenosine has been cleared out by a 5pm nap.

That's not insomnia. That's internal conflict.

🎯 Our Goal: Synchronize All 3 Systems - In the Right Order

Here's where most people go wrong:

They jump into fixing their environment or taking supplements without resetting the systems underneath.

That's like repainting your walls when the foundation is cracked.

This guide reverses that failure. The 5-step framework is designed to rebuild your sleep by aligning your systems in the correct sequence - from the bottom of the sleep hierarchy upward.

Each step builds on the one before.

🔒 Sleep Becomes Effortless When All 3 Systems Align

Once these three systems are restored and harmonized, sleep becomes what it was always meant to be: automatic.

STEP 1

ASSESS YOURSELF - DISCOVER WHAT'S
ACTUALLY KEEPING YOU AWAKE



STEP 1: Assess Yourself — Discover What's Actually Keeping You Awake

Why Assessment Must Come Before Intervention

Most sleep programs fail for one reason: They assume every case of insomnia is the same.

But you already know this isn't true - because you've tried what worked for others, and it didn't work for you.

That's not failure. That's feedback.

THE REAL PROBLEM ISN'T LACK OF EFFORT — IT'S LACK OF AWARENESS

Sleep is personal. Biology, stress levels, thoughts, environment, and habits all collide differently in each individual.

That's why the same "sleep hygiene checklist" can work miracles for one person and do nothing for another.

If you're trying to treat insomnia without first understanding what's causing it, you're shooting in the dark.

The Sleep Assessment Protocol (Your Personal Sleep Blueprint)

This protocol is your map. You'll complete 6 focused assessments to uncover the precise barriers preventing your sleep system from functioning.

Each maps to one or more of the 3 core systems:

Sleep Pressure, Circadian Rhythm, and Nervous System.

But before we start getting into the details, we need to check for any potential disorders that require medical intervention.

Please **DO NOT** skip this step as the steps in this guide can only get you so far if there is something more serious going on.

✓ 1. Sleep Health Pre-Check

This quick checklist helps identify potential clinical disorders that require referral to a medical specialist. This guide is behavioral, not diagnostic and we strongly recommend medical follow-up for any flags here.

SCREENING QUESTIONS (ANSWER YES/NO):

- ☐ Do you snore loudly or experience pauses in breathing at night?
- ☐ Do you ever wake up gasping, choking, or feeling like you stopped breathing?
- ☐ Do you feel excessively sleepy during the day, even when you've had 7+ hours in bed?
- ☐ Do your legs feel restless, tingling, or uncomfortable at night, especially when still?
- ☐ Have you ever fallen asleep unintentionally while driving, working, or sitting upright?

⚠ If you answered YES to two or more: **STOP HERE** and consult your doctor or a sleep specialist.

Medical causes like sleep apnea or restless legs syndrome must be ruled out first and will not go away by following this program.

A quick reference guide to some of the most common disorders requiring specialist medical advice:

1. Obstructive Sleep Apnea (OSA)

Interrupted breathing during sleep due to airway obstruction; causes loud snoring, gasping, and excessive daytime sleepiness.

2. Restless Legs Syndrome (RLS)

Uncomfortable leg sensations and an urge to move them, especially at night, interfering with sleep onset.

3. Narcolepsy

Sudden, uncontrollable sleep attacks during the day, often with muscle weakness (cataplexy) triggered by strong emotions.

4. Parasomnia

Unusual behaviors during sleep like sleepwalking, night terrors, or acting out dreams (REM behavior disorder); often occur during transitions between sleep stages.

7. Hypersomnia

Excessive daytime sleepiness not due to poor sleep at night; may involve prolonged night sleep or unrefreshing naps.



✓ 2. Sleep Beliefs & Thought Patterns Assessment

The beliefs you hold about sleep - especially if they're rigid, fear-based, or catastrophic - influence behaviours that often perpetuate sleep problems.

Full interactive version with automatic
scoring available [here](#):



Rate how strongly you believe each of the following statements (1 = not at all, 10 = completely):

☐

I need 8 hours of sleep to feel refreshed and function well during the day.

☐

I have little ability to manage the negative consequences of disturbed sleep.

☐

When I don't get the proper amount of sleep on a given night, I need to catch up on the next day by napping or on the next night by sleeping longer.

☐

When I feel tired, have no energy, or just seem not to function well during the day, it is generally because I did not sleep well the night before.

☐

I am concerned that chronic insomnia may have serious consequences on my physical health.

☐

I believe insomnia is essentially the result of a chemical imbalance.

☐

I am worried that I may lose control over my ability to sleep.

☐

I feel insomnia is ruining my ability to enjoy life and prevents me from doing what I want.

☐

After a poor night's sleep, I know that it will interfere with my daily activities on the next day.

☐

A "nightcap" (an alcoholic drink) before bedtime is a good solution to sleeplessness.

☐

In order to be alert and function well during the day, I am better off taking a sleeping pill rather than having a poor night's sleep.

☐

When I sleep poorly on one night, I know it will disturb my sleep schedule for the whole week.

☐

When I feel irritated, depressed, or anxious during the day, it is mostly because I did not sleep well the night before.

☐

Without an adequate night's sleep, I can hardly function the next day.

☐

It usually shows in my physical appearance when I haven't slept well.

✓ 3. Circadian Health & Chronotype Check

This assessment identifies whether your biological clock is aligned with your current schedule and lifestyle or actively working against it.

SCREENING QUESTIONS (ANSWER YES/NO):

☐

Do you get sunlight within 30 minutes of waking most days?

☐

Do you expose yourself to blue light/screens after 9PM?

☐

Are your wake and sleep times consistent within 30-60 minutes, even on weekends?

☐

Do you feel most alert at night and struggle to wind down before midnight?

☐

Do you feel wide awake in the evening despite being tired during the day?

Please also complete your **Chronotype Quiz** to identify whether you're a Lion, Bear, Wolf, or Dolphin - and start adjusting your schedule in Step 3 accordingly.

[!\[\]\(b4eeff342f60cc7bcd67d869b4fedca2_img.jpg\) Chronotype assessment](#)



✓ 4. Stimulus Control & Bed Conditioning Audit

The brain is a pattern recognition machine. If your bed has become a place of stress, scrolling, thinking, or trying hard, it will no longer trigger sleep.

Full interactive version with automatic scoring available here



HOW OFTEN DO YOU...

☐

lie in bed unable to sleep for 30+ minutes?

☐

work or check emails in bed?

☐

eat or drink in bed?

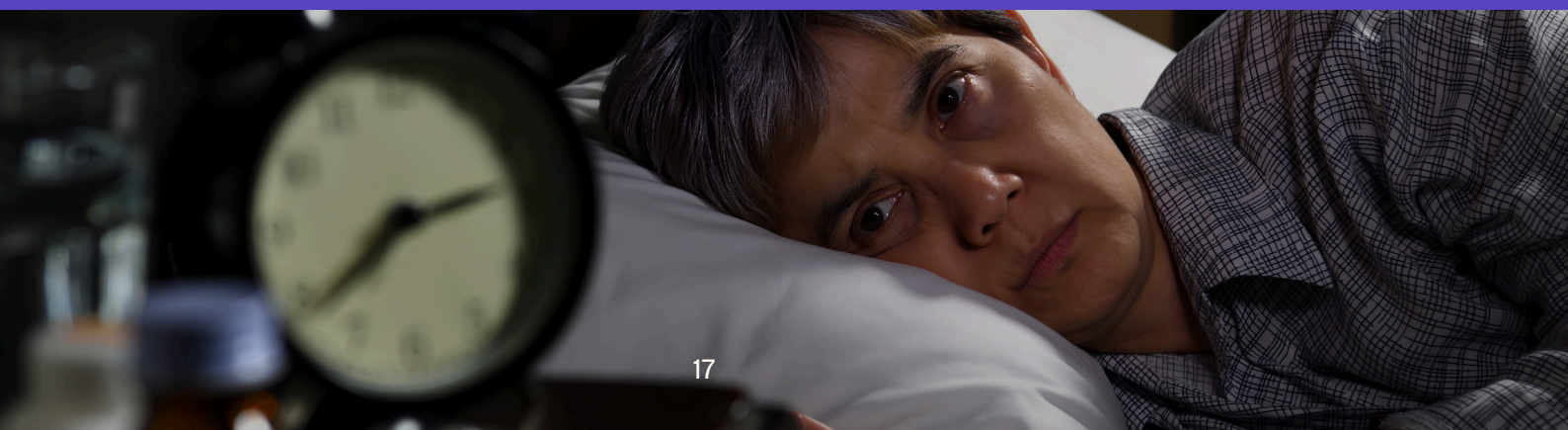
☐

you stay in bed when you can't go back to sleep at night?

☐

feel anxious when lying in bed or approaching bedtime?

If your answers are “often” or “every night,” your bed has become a wakefulness cue, not a sleep cue. We’ll reverse this in Steps 2 & 3.



✓ 5. Lifestyle & Environment Check

This uncovers the subtle daily choices that either reinforce or disrupt your sleep systems.

Full interactive version with automatic scoring available here:



DO YOU...

☐

drink caffeine after 2PM?

☐

sleep in a room warmer than 20C / 68F?

☐

sleep on a mattress or pillow that is either too hard, too soft, too cold or too warm?

☐

get any light in your bedroom at night? (street lights, LED lights from devices)

☐

hear any sudden noise at night? (pets, cars outside, people shouting etc.)

☐

eat a large meal within 2 hours of bedtime?

☐

consume alcohol 1-2 hours before bed?

These factors may seem small but they layer onto disrupted systems and amplify existing issues. We'll upgrade these in Step 5 after your systems are reset.



✓ 6. Sleep Diary: Uncover Insights

You'll track your real sleep behaviors and outcomes for 7 days using the included Google Sheet template. This tool will help you see patterns clearly because change only happens **when awareness becomes data**.

[Download your 7-Day Sleep Diary here](#)



YOU WILL LOG THINGS SUCH AS..

Bedtime

Wake time

Sleep onset time

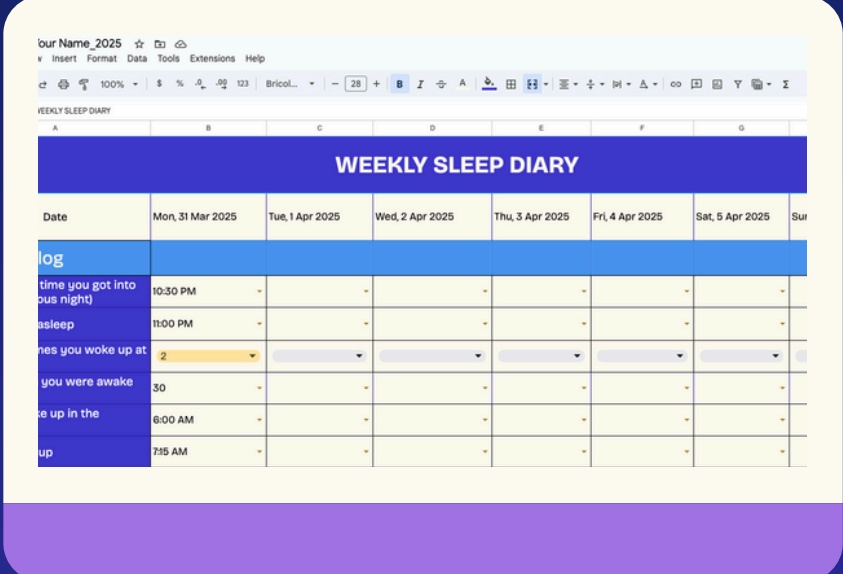
Wake-ups during the night

Energy/mood levels

Daytime activities

Notes on stress, diet, screen time, etc.

 YOU'LL GET AUTOMATIC CALCULATIONS ON ALL YOUR KEY STATS EVERY WEEK!



WEEKLY SLEEP DIARY							
Date	Mon, 31 Mar 2025	Tue, 1 Apr 2025	Wed, 2 Apr 2025	Thu, 3 Apr 2025	Fri, 4 Apr 2025	Sat, 5 Apr 2025	Sun, 6 Apr 2025
Log							
Time you got into bed (start of night)	10:30 PM						
Time you fell asleep	11:00 PM						
Number of times you woke up at night	2						
Time you were awake	30						
Time you got up in the morning	6:00 AM						
Time you got up	7:15 AM						



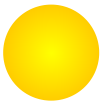
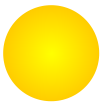
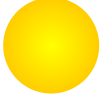
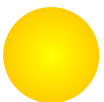
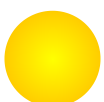
TRENDS ANALYSIS			
Week Ending	Sun, 6 Apr 2025	Sun, 13 Apr 2025	Sun, 20 Apr 2025
Average Bedtime	11:38 PM	#VALUE!	#VALUE!
Average Time Asleep	12:08 AM	#VALUE!	#VALUE!
Average Time to fall asleep (minutes)	47		
Average Number Overnight Wakeups	2		
Average Overnight Awake Time (minutes)	30		
Average Wake Time	6:00 AM		
Average Get Up Time	7:15 AM		
Average Sleep Quality	3- Good	#N/A	#N/A
Average Daytime Sleepiness Rating	3- Moderately Alert	#N/A	#N/A
Average Daytime Mood level	3- Good	#N/A	#N/A
Average Awake Time In Bed (minutes)	15		
Average Total Sleep Time	5:51	#VALUE!	#VALUE!
Average Sleep Efficiency	77.00%	#VALUE!	#VALUE!

✓ What to Do Next

Once you've completed all six assessments:

- Review your scores and insights
- Identify which areas are most out of sync and need prioritization using the table below
- Keep your results nearby - we'll reference them as we personalize each upcoming step

From this point forward, your sleep transformation is tailored, strategic, and grounded in data - not guesswork.

Assessment Area	Level of Priority	Things to Consider
Sleep beliefs	  	Average score 4 or higher? How many beliefs have a score higher than 5?
Circadian Health	  	How regular is your wake up and bedtime, exercise schedule, meal timing, sunlight exposure
Chronotype alignment	  	How close is your current schedule to your ideal chronotype?
Stimulus control	  	Average efficiency score from sleep diary, time spent awake in bed
Stress / Emotional state	  	Average mood levels from sleep diary, any notes on work / personal stress, travel, etc.
Lifestyle and environment	  	Comfort level of bed/mattress, temperature, light, noise levels, caffeine + alcohol intake

STEP 2

REFRAME YOUR THOUGHTS – HOW TO
BREAK THE SLEEP-ANXIETY LOOP

STEP 2: Reframe Your Thoughts and Beliefs



"Prior to the program my focus was largely on sleep hygiene. The more difficult to incorporate and more impactful aspect was learning about my negative perspective about my sleep. Both understanding, accepting and learning to shift my internal dialogue about my sleep with a more positive spin will likely have a longer lasting effect for me." - Ami P.

🎯 Why Your Thoughts Are More Important Than Your Sleep Routine

Let's get this out of the way:

You cannot logic your way too sleep..

But you also can't ignore your thoughts and expect biology to do all the work.

Why? Because your thoughts are interpreted by the brain as **threat or safety**.

Threat = cortisol, adrenaline, hyperarousal
→ sleep blocked

Safety = parasympathetic activation
→ sleep becomes automatic

Most sleep tips focus on behaviors without ever questioning the beliefs that sabotage them.

🧱 Beliefs Are the Foundation of the Sleep Hierarchy

In Step 1, you assessed your own sleep beliefs — the internal narrative that drives how you think, feel, and behave around sleep.

Here in Step 2, you'll learn:

- Why these thoughts keep you in a physiological stress loop
- How to gently challenge and reframe them using proven CBT-I and ACT-I strategies
- Why this isn't about "positive thinking" — but about creating a new relationship with sleep over time





Belief



A Note Before We Start

Negative Thoughts or Beliefs Are Not “Bad” — Just Unhelpful

The sleep related beliefs and statement you have assessed aren’t necessarily false or factually “incorrect”.

However, once they turn into a strong belief, they become rigid, fear-driven, and unproductive.

Our goal is not to erase them. It’s to help you:

- Question them
- Soften their intensity
- Create cognitive distance from them
- Build flexibility in how you respond to them

This process isn’t one-and-done. It’s a practice.

You’ll return to this again and again.

With time, you’ll notice the volume of your thoughts going down while your sleep confidence goes up.

Many of the sleep behaviors that sabotage recovery - like sleeping in after a rough night, napping to “catch up,” going to bed too early out of desperation, or lying awake in bed for hours - are driven by these beliefs.

They feel rational in the moment (“I’m exhausted, I should rest”), but they lead to patterns that actually fragment sleep, weaken your sleep drive, and disrupt your circadian rhythm.

When you shift your beliefs, you change your actions. That’s why reframing is not just a mental exercise. It’s the first domino in a chain reaction that rewires how you respond to poor sleep and prevents things from getting worse.

Reframing the 15 Beliefs

You rated each of the following on a 1-10 scale in Step 1. Identify strong beliefs first (anything above a 5) and prioritize those.

We’ll break them down one by one to help you question and reframe them.

Sleep Beliefs Reframed

You rated each of the following on a 1–10 scale in Step 1.
Now we'll break them down one by one:

BELIEF

1
“I need 8 hours of sleep to feel refreshed and function well during the day.”

🧠 Why it's unhelpful:

This belief creates pressure and unrealistic expectations. Sleep need varies. The body can adapt short-term to variation in total hours.

🔄 Reframe:

“I function best when I sleep well — but my body can cope with less when needed.”

“Quality > quantity. 6.5 hours of solid sleep may be better than 8 hours of restlessness.”

📘 CBT-I Insight:

Sleep efficiency (not hours) is a better predictor of next-day function. Studies show that people often overestimate the sleep they need compared to what their body actually requires.

BELIEF

2
“If I don't sleep enough one night, I need to catch up the next day.”

🧠 Why it's unhelpful:

This belief promotes irregular sleep patterns, naps, and inconsistent wake times — all of which worsen circadian misalignment.

🔄 Reframe:

“My body will naturally recalibrate if I stay consistent.”
“I don't need to ‘catch up’ — I need to stay on rhythm.”

📘 CBT-I Strategy:

Use sleep restriction therapy to improve sleep pressure. Avoid compensatory behaviors that interfere with your natural rhythm.

Sleep Beliefs reframed (continued)

3

BELIEF

"I need 8 hours of sleep to feel refreshed and function well during the day."

🧠 Why it's unhelpful:

While chronic sleep loss has consequences, catastrophizing amplifies stress hormones and worsens insomnia.

🔄 Reframe:

"Sleep is a health priority — and I'm now taking proven steps to restore it."

"I don't need perfect sleep to be healthy. I need consistent effort."

📘 ACT-I Strategy:

Practice cognitive diffusion: notice the thought, label it ("there's my health fear again"), and redirect without arguing with it.

4

BELIEF

"I may lose control over my ability to sleep."

🧠 Why it's unhelpful:

Sleep is not under direct control — it's a process of letting go. Trying to control it paradoxically prevents it.

🔄 Reframe:

"I don't control sleep — I create the conditions for it to happen."
"Control isn't the goal — consistency is."

📘 CBT-I Insight:

Performance anxiety is a key driver of insomnia. Letting go of "doing sleep" is essential for improvement.

5

BELIEF

5. "After a poor night's sleep, my day will be ruined."

🧠 Why it's unhelpful:

This belief turns one bad night into a self-fulfilling prophecy and fuels helplessness.

🔄 Reframe:

"I've handled tough days before — today is another chance to be resilient."

"I may be tired, but I can still focus on what matters."

📘 CBT-I Exercise:

Use behavioral experiments to test your actual function after a poor night — most people perform better than they expect.

Sleep Beliefs reframed (continued)

6

BELIEF

"I'm better off taking a sleeping pill than having a bad night."

🧠 Why it's unhelpful:

This reinforces dependency and prevents long-term skill building.

🔄 Reframe:

"I want short-term relief, but I'm playing the long game."

"Medication may help now — but I'm learning how to sleep naturally."

📘 CBT-I Strategy:

Gradual tapering under medical guidance, combined with behavioral tools, yields better outcomes than pill reliance.

7

BELIEF

"My mood is bad because I didn't sleep well."

🧠 Why it's unhelpful:

Blaming mood solely on sleep reduces agency. Many factors affect emotional state.

🔄 Reframe:

"My sleep may influence my mood, but I can still regulate how I respond."

"I can still find focus, calm, and clarity — even when tired."

📘 ACT-I Insight:

Use values-based redirection: act in line with your goals, regardless of internal state.

8

BELIEF

"One bad night will ruin my entire week."

🧠 Why it's unhelpful:

This belief gives a single night too much power — and reinforces helplessness.

🔄 Reframe:

"Every night is a new opportunity. One rough night doesn't define the week."

"My system is learning and adapting — not failing."

📘 CBT-I Strategy:

Track patterns. One-off bad nights rarely derail long-term progress.

Sleep Beliefs reframed (continued)

9

BELIEF

"Without enough sleep, I can hardly function."

🧠 Why it's unhelpful:

While fatigue is real, this belief magnifies it and reinforces a fragile self-identity.

🔄 Reframe:

"Sleep helps me thrive, but I can still function with flexibility."
"I can adapt today — I've done it before."

📅 Behavioral Activation:

Plan meaningful, energy-appropriate tasks to prevent under-functioning on low-sleep days.

10

BELIEF

"I have little ability to manage the consequences of poor sleep."

🧠 Why it's unhelpful:

This belief disempowers you — when in reality, many strategies exist to boost resilience.

🔄 Reframe:

"I can manage poor sleep better than I think."
"I have tools, strategies, and perspective now."

📅 ACT-I Practice:

Use acceptance-based language — make space for discomfort without becoming it.

11

BELIEF

"When I feel tired or unproductive, it's always because I didn't sleep well."

🧠 Why it's unhelpful:

Sleep is one factor — not the only one. This belief distorts cause and effect.

🔄 Reframe:

"Fatigue has many causes — and my sleep is one piece of a bigger picture."

"Rather than blame, I'll observe and adjust."

Sleep Beliefs reframed (continued)

12

BELIEF

"Insomnia is caused by a chemical imbalance."

🧠 Why it's unhelpful:

While biology plays a role, this belief implies permanence and reduces motivation to act.

🔄 Reframe:

"Sleep is influenced by many factors — and I can shift them."

"Neuroplasticity means my brain can change — and is already doing so."

📘 CBT-I Insight:

Behavioral changes alter brain chemistry over time — including sleep regulation systems.

13

BELIEF

"Insomnia is ruining my life."

🧠 Why it's unhelpful:

This belief turns a condition into an identity — which leads to shame and hopelessness.

🔄 Reframe:

"Insomnia is a challenge — not my whole story."

"I'm reclaiming my life, one step at a time."

📘 ACT-I Practice:

Use self-compassion scripts to rebuild agency: "This is hard — and I'm still showing up."

14

BELIEF

"A nightcap helps me sleep."

🧠 Why it's unhelpful:

Alcohol may increase sleep onset but fragments deep sleep, increases nighttime wakeups, and worsens REM quality.

🔄 Reframe:

"I want better sleep — not faster sedation."

"My long-term sleep quality is worth protecting."

📘 Evidence:

Alcohol reduces deep sleep by up to 40% and increases next-day fatigue and cortisol spikes.

(Journal of Clinical Sleep Medicine, 2019)

Sleep Beliefs reframed (continued)

15

BELIEF

"It shows on my face when I haven't slept well."

🧠 Why it's unhelpful:

This fuels performance anxiety and self-consciousness — especially in social or professional settings.

🔄 Reframe:

"I may feel tired, but I still show up powerfully."

"Most people are focused on themselves — not my sleep."

📘 CBT-I Note:

Self-monitoring increases arousal. Reduce "mirror checking" and focus on behavior over appearance.

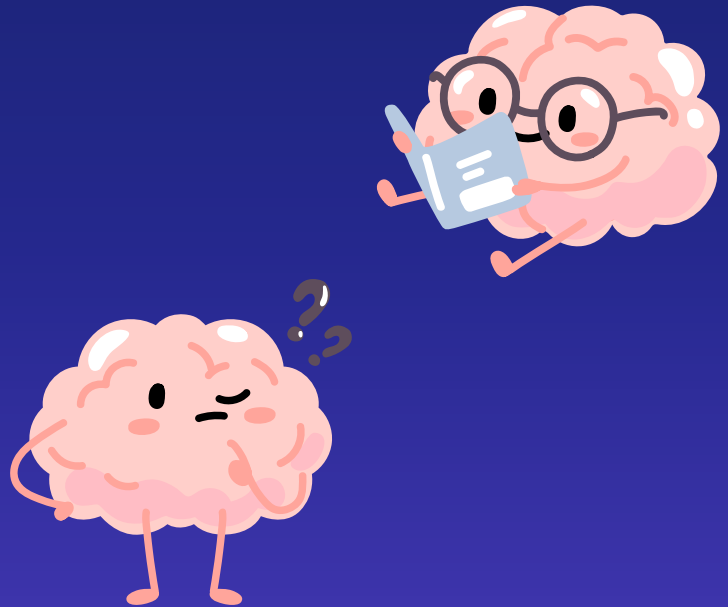
🧠 Your Ongoing Reframe Practice

Don't worry about perfect scores yet.

Instead, focus on:

- **Awareness:** catching the thought
- **Distance:** labeling the thought, not fighting it.
- **Reframing:** offering a softer, more flexible belief
- **Action:** moving in line with your values, even when tired

You'll revisit these thoughts often. That's not failure - it's neuroplasticity (your brain changing and adapting) at work.



✅ Coming Up Next: Synchronize Your Body Clock

With your beliefs softened and your mind less reactive, we'll now tackle the deep biological layer: your circadian rhythm.

This is Step 3 — and it's where your sleep schedule finally starts to make sense.

STEP 3

RESET YOUR BODY CLOCK — ALIGNING
WITH YOUR CIRCADIAN RHYTHM FOR
PREDICTABLE SLEEP

STEP 3: Reset Your Body Clock

Why Sleep Timing Is Just as Important as Sleep Quality

If you've ever said "I'm exhausted but can't fall asleep" or "I feel wired at night and sluggish all morning," your circadian rhythm is likely misaligned.

You don't just need sleep - you need sleep at the right time.

What is the Circadian Rhythm?

Your circadian rhythm is a 24-hour internal biological clock mainly controlled by a region in your brain called the suprachiasmatic nucleus (SCN).

It governs:

- When melatonin rises (the hormone that makes you sleepy)
- When cortisol peaks (the hormone that wakes you up)
- Body temperature, blood pressure, digestion, and mood
- and many other bodily functions

This system runs independently of how much you have slept and your sleep pressure system.

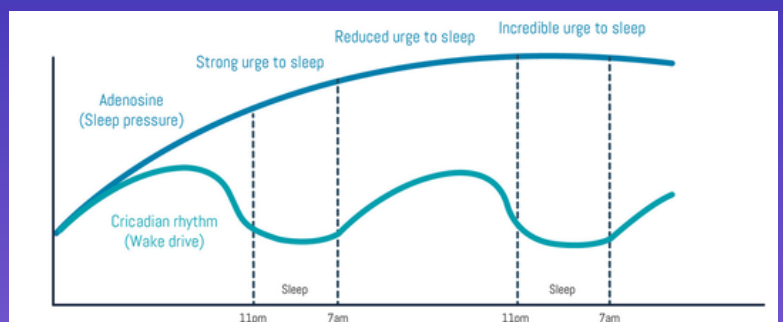
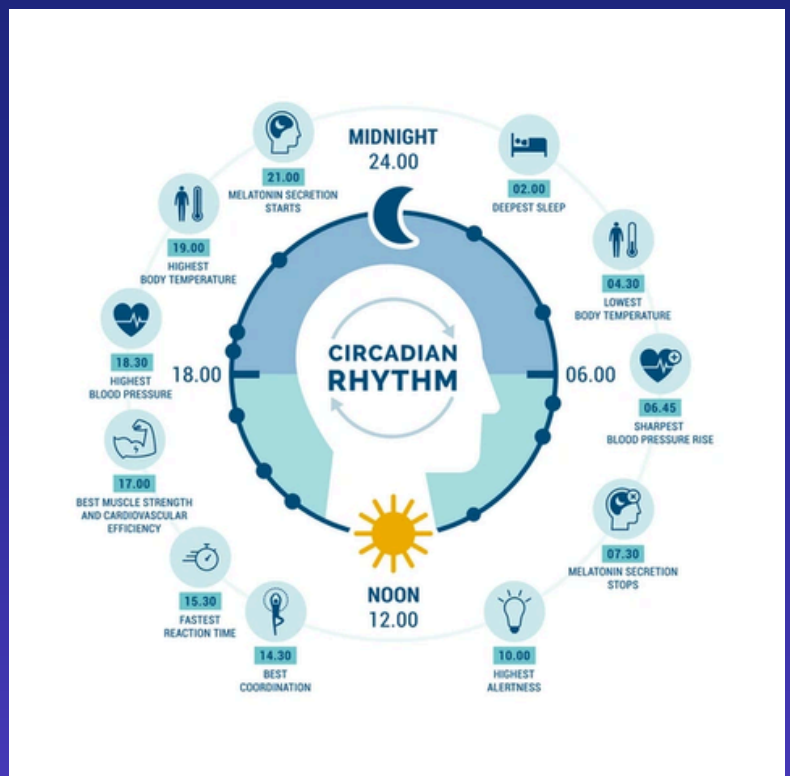
You can be exhausted but still physiologically "locked" into an alert phase.

This is why so many people feel "tired but wired" at night and why we get jet lag when we travel across timezones.

Fun fact: pretty much all living beings including animals and plants and even microorganisms like bacteria are controlled by an internal clock.

Animal studies suggest that by aligning their circadian rhythm, mice can extend their lifespan by 35%! ([SCIENCE journal, 2022](#))

Imagine what it can not only for your sleep but for your overall health and wellbeing.



Graph showing interaction between sleep pressure and circadian rhythm

! What Breaks the Clock

Common circadian disruptors include:

- Inconsistent sleep/wake times (especially “social jet lag”/sleeping in on weekends)
- Blue light from screens after 8PM
- Lack of morning sunlight
- Late-night eating
- Living against your chronotype

 40% of the population has a chronotype (biological sleep schedule) that doesn't align with 9–5 society. (Chronobiology International)

Most people are trying to sleep at a time that contradicts their genetic sleep drive.

What's Your Chronotype?

Humans mostly follow the sun - they wake up when the sun rises and go to sleep after it sets.

However, there are genetic variations called chronotypes and they influence:

- When you feel most alert vs. drowsy
- When your body naturally produces melatonin
- How well you adapt to early wake-ups or late nights

**TAKE THE
CHRONOTYPE QUIZ
HERE**



Chronotype	Peak Energy	Ideal Sleep Window	Traits
 Lion	6am–12pm	9pm–5am	Morning type, driven, gets tired early
 Bear	10am–2pm	11pm–7am	Balanced type, follows the sun, most common
 Wolf	2pm–8pm	12am–8am	Evening type, often creative, poor 9–5 fit
 Dolphin	Scattered	12am–6:30am	Light sleeper, anxious, needs flexibility

✓ The Circadian Reset Protocol



This protocol is built around the three most powerful levers that influence your body clock:

☀️ 1. Morning Light Exposure (The Master Switch)

Sunlight is the most potent circadian reset signal.

Morning light triggers your SCN to:

- Halt melatonin production
- Increase serotonin and cortisol (to promote alertness)
- Start the countdown to your next melatonin surge

What to do:

- Get 10-30 minutes of sunlight within 30-60 minutes of waking
- Ideally no sunglasses or glass barriers - natural light on skin and eyes
- Cloudy? Use a 10,000 lux light therapy box for 20-30 minutes

📊 Morning light therapy advanced sleep timing by 1.5-2 hours in evening-type sleepers within 2 weeks.
(Journal of Clinical Sleep Medicine)

🕒 2. Consistent Wake Time (Even on Weekends)

Your circadian rhythm resets based on wake time. This is the anchor.

The worst mistake you can make is sleeping in after a bad night and not get sunlight. It not only confuses your body and delays your next melatonin release but also leads to lower sleep pressure bringing 2 of the 3 sleep mechanisms out of alignment.

What to do:

- Set a fixed wake time within ± 15 minutes daily
- Get out of bed even if you didn't sleep well
- Pair it with light, movement, and hydration

📊 People who kept a strict wake time had significantly better sleep efficiency, mood, and next-day focus.
(Sleep Health Journal, 2020)

**YOUR SLEEP
ROUTINE STARTS
IN THE MORNING**



🔴 3. Evening Digital Sunset (Melatonin Protection Plan)

Exposing yourself to bright artificial lights, including the light from phone or other screens confuses your internal clock, making it harder for your body to get to sleep at the right time.

What to do:

- Reduce screen use and enable blue light filters on your devices 1.5-2 hours before bed (most smart phones can be set up with an automatic timer)
- Use soft, warm lighting ($\leq 2700\text{K}$) indoors and dim your environment

Don't worry about perfecting this step. There is way too much emphasis on phone screens and blue light in sleep advice online when morning routines and consistent wake times are much more important.

So don't panic if you need to check your phone before bed for a few minutes - just become aware of the habit and reduce it if you notice it's affecting you negatively.

🕒 Bonus: Sleep Restriction Therapy (CBT-I technique)

If you're spending more time in bed than asleep, your brain begins to associate the bed with frustration, not sleep. Sleep restriction therapy temporarily limits time in bed to match your average sleep time, improving:

- Sleep efficiency (the difference between time spent in bed. vs time spent asleep)
- Sleep pressure (adenosine)
- Circadian alignment

What to do:

Look at your sleep diary (at least 7 days) and your stimulus control assessment score. If you spend a lot of time in bed but not asleep and your stimulus control assessment score is high, try the following:

- If you go to bed at the same time most nights, try shifting it to a slightly later time (about 30mins)
- If you have lie-ins, reduce them and aim to get up at the same time everyday (even after a bad night of sleep, you will be fine!)
- If you are awake for longer than 20mins - get up, leave the bedroom and do an activity in low light that is relaxing and enjoyable (for example listening to an audiobook, relaxing music or reading). One of my clients likes to do sudokus, another one "brain dumps" her thoughts onto a piece of paper - find what works for you. After about 20mins or once you feel sleepy, go back to bed.
- Increase time in bed slowly, once sleep efficiency is above 85%

📊 Clients using sleep restriction report 50–70% improvement in sleep latency within 10–14 days. (CBT-I clinical trials, Annals of Internal Medicine)

What to Expect (Short-Term Pain, Long-Term Gain)

Resetting your rhythm is not always comfortable at first:

- You may feel more tired temporarily
- Falling asleep might not be instant but will become easier
- The goal is patterning, not perfection

As your body clock re-learns when to release hormones like melatonin and cortisol, sleep will become predictable again.

This is why reframing your sleep beliefs is so important as you implement this step.

You will think that you need to recover from sleep loss immediately and you will worry about restricting your sleep but these beliefs will not help you in the long run and will keep you trapped in the cycle of trying to control sleep - which is impossible.

All your body needs is the combination of a high amount of sleep pressure, the right circadian timing and a calm nervous system which you can only get by sticking to a consistent routine and building a healthy relationship with your sleep.

YOUR CIRCADIAN RESET CHECKLIST

DAILY

☐

Wake at the same time every day (ideally aligned to your chronotype)

☐

Get sunlight within 30–60 minutes of waking

☐

Anchor meals and movement to consistent times (ideally aligned to your chronotype)

☐

Begin digital sunset routine ~2 hours before bed

☐

Wind down with low-arousal activities in dim lighting

OPTIONAL

☐

Use a 10,000 lux light box (if in low-light environments or no easy access to natural daylight in the morning)

☐

Begin sleep restriction protocol (use sleep diary data)

What This Step Will Do for You

A short story - Why morning walks are the best way to start your day

I used to hate getting up in the morning - when I was younger, my mum had to literally drag me out of bed to get me ready for school.

When I was working in an office commuting into central London everyday, I would snooze my alarm about 5 times before getting up and rushing to get the train. I felt dreadful every day.

It took me years to understand that I naturally feel a bit sleepy when I get up, no matter how much sleep I get and that this is pretty common for someone with ADHD - it's called sleep inertia.

So instead of focussing on how tired I am and feeling sorry for myself, I know that if I just get up, go outside and get walking, I will feel much better for the rest of the day and sleep better at night.

It might take you some time to get into the habit but it's worth trying - one of my clients has described her new morning routine as **"life-changing"** and all she does is get up and go outside immediately to walk her dog.

But even if you don't go for a walk and simply expose yourself to natural light by standing outside or sitting in your garden with a cup of coffee, you will start to feel the difference at nights.

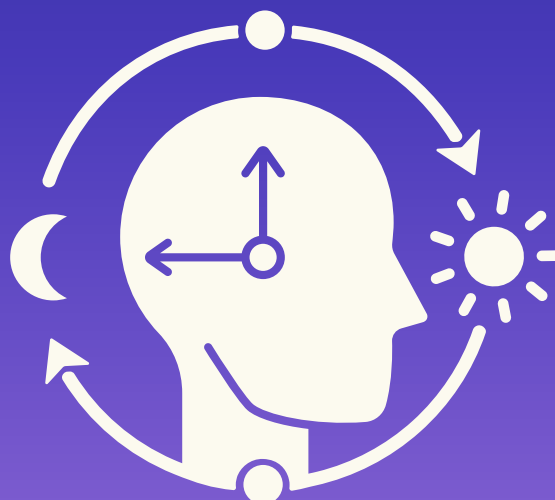
By realigning your body clock, you'll:

- Fall asleep faster
- Wake up more easily (without multiple alarms)
- Rebuild natural melatonin production
- Stop feeling tired during the day and wired at night

Your body wants to sleep on time - you're just giving it the rhythm to do it.

When you start implementing this guide, simply focus on this one daily habit:

Get up at the same time everyday and go outside or get bright light exposure for at least 15 mins.



STEP 4

REGULATE YOUR NERVOUS SYSTEM —
TRAIN YOUR BODY TO LET GO

STEP 4: Regulate Your Nervous System — Train Your Body to Let Go

Why You Can't Sleep If Your Body Doesn't Feel Safe

You can't control sleep - or it will control you.

Intead, you have to let go and invite sleep into your life.

By building up sleep pressure and aligning your internal body clock, you are setting the foundation to help your body naturally get to sleep.

But even with perfect sleep habits, your body won't allow sleep to happen if it senses:

- Emotional risk (worry, overthinking, dread)
- Physical tension
- Anticipated failure ("What if I don't sleep again tonight?")

This is why "just relax and go to sleep" is not helpful advice and can actually backfire.

You need to shift your physiology AND your thoughts.

The Nervous System & Sleep: What You Need to Know

You have two core branches of the autonomic nervous system:

Sympathetic (SNS)	Parasympathetic (PNS)
"Fight or flight" alert, threat-focused	"Rest and digest" calm, safety signals
Inhibits sleep initiation & depth	Enables deep, continuous sleep

The transition into sleep requires a **dominance of the PNS**.

But if your SNS is set to the "on" switch, you may feel:

- Racing heart
- Shallow breathing
- Muscle tension
- Digestive discomfort
- Restlessness or a "buzzing" feeling
- Awake despite fatigue

 MRI studies show insomnia patients have increased metabolic brain activity even during non-REM sleep — a sign of persistent arousal. (Sleep Medicine Reviews, 2010)



⚠️ Why High Achievers Struggle Most With This

A lot of my coaching clients are high achievers - executives, parents, entrepreneurs, professionals in high-pressure environments and they all struggle with the same thing:

When they lie down at night, they either can't sleep because of their racing mind or they wake up in the middle of the night unable to go back to sleep. They start to think about the day ahead or get into trying to solve a problem they couldn't get to during their busy day.

They also:

- suppress stress signals during the day
- keep going without any downtime
- check their phone or smartwatch constantly for notifications
- expect sleep to be a reward for effort and when it doesn't happen, they get sleep performance anxiety.

But the nervous system doesn't care how hard you work.

It cares how safe you feel.

✅ Nervous System Regulation Protocol

This is not "just breathe deeply" - but an easy way to build habits into your day that will help your body and brain feel calm at night.

Here is a breakdown of the habits and techniques that both myself and my clients have implemented and that are easy to incorporate into your busy day.

• Brain breaks

If you are constantly on the go and you feel like you don't get a minute to yourself, you are not alone.

We live in a world of constant stimulation and our brains can only take in so much information.

Emails, social media, work meetings, you name it. You might think that you are "relaxing" or taking a break by scrolling on your phone, listening to a podcast or watching TV but it's only making it worse.

When you go to bed, you are finally giving your brain time to "digest" the information it has taken in all day and now you can't sleep because your mind is racing.

Instead, build short "brain breaks" into your day where you don't do anything - not stimulation, no music, nothing.

Just sit there, look out the window or go outside for a short walk and just enjoy your surroundings.

• Breathwork

It sounds funny but many of us breathe "wrong" - yes, that is possible.

Breathing should be automatic just like sleep but many of us either have developed shallow breathing or we breathe through our mouth too much - this is why mouth tape has gone viral on social media and is promoted by wellness influencers as the ultimate sleep improvement hack.

But mouth tape alone can't fix your circadian rhythm or your beliefs - it also doesn't fix how you breathe during the day. It's simply a band aid to fix a symptom (and looks like one too! 😊)

Instead of buying more products, simply take a few minutes every day to do a simple breathing exercise (I do this on walks or when I take my “brain breaks”).

Breathing deeply and slowly signals the brain to reduce cortisol and adrenaline. It can help you both manage stress during the day and sleep better at night.

Box breathing is very simple:

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds.

If you imagine forming a line with every step in the process, it creates the shape of a box.

Make sure to breathe into your belly and not only into your chest. I recommend this video for guided instructions and additional techniques you can try: : [Breathing Techniques for Sleep](#)

Remember, don't overly obsess or worry about how you breathe - simply use the exercise as a way to give yourself a break from your busy schedule. Enjoy it and don't see it as another task you have to check off your to-do list

- **Journalling**

Journalling is a great tool to process your thoughts and deal with the constant problem-solving.

But people often get overwhelmed with how they should journal, the prompts they should be using and they never actually get started.

Keep it simple:

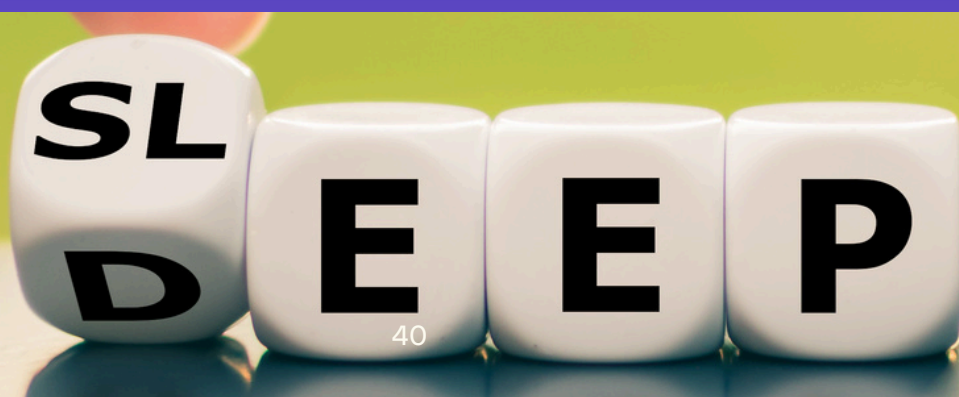
Just take a piece of paper and a pen and keep them next to your bed. Write down any thoughts that come to your mind - you don't need to follow any structure. This is called a “brain dump” and it means that your brain is dealing with problems or worries before going to sleep. And because they are on paper, you are less worried about forgetting them and can tackle them the following day with a fresh mind.

You can also do this if you happen to wake up at night with a racing mind.

- **Other techniques and tools**

There are many other ways that you can help calm your nervous system or manage stress but not all of them work for everyone.

Sometimes they can make things worse because you try so hard to implement them and when they fail, you get frustrated which in turn makes it harder to get to sleep.



Here is a list of other techniques that my clients have seen great success with:

- **Gentle Yoga** (see an example here: [10mins Bedtime stretching](#))
- **Visualization exercises and guided meditation** (you can use apps or free videos like this: [Guided 20mins sleep meditation](#))
- **Progressive muscle release** - tense and relax each muscle group (example: [PMR to release tension and anxiety](#))
- **Cognitive Defusion** - When you notice a negative or potentially anxiety inducing thought (e.g., "What if I don't sleep again?"), acknowledge the thought by saying: "I'm having the thought that I won't sleep." Label it: "That's a fear thought." Visualize it drifting by like a cloud, train, or subtitle on a screen. Redirect attention to your breath, your body, or the room.

 Studies show cognitive defusion reduces the emotional intensity of thoughts and increases

Keep in mind that none of these are meant as a quick fix - they are simply a tool to support you. Don't do anything that you don't want to do and if it's not working for you, simply move on.

I myself rarely use them all - I focus on continuous regulation by allowing myself short breaks during the day, walking in nature with my dog and doing breathing exercises as I find them more effective but find what works for you and make it a habit.

✓ NERVOUS SYSTEM SLEEP PREP CHECKLIST



Box breathing (2x/day)



Brain breaks (2-3 times a day - 5mins each)



Spend time in nature (minimum 1x a week)



Label & defuse anxious thoughts (as you notice them)



Brain dump your thoughts before bed (optional)

Why This Must Become a Habit (Not a Hack)

You cannot regulate your nervous system once and expect permanent change. Just like physical training, it requires repetition and trust.

But with 10–15 minutes a day of dedicated practice, (across the day or as part of our evening routine) you will start to notice subtle changes having a big impact:

- Less anxiety in bed
- Faster sleep onset
- Deeper and more continuous sleep
- Less sensitivity to minor disruptions



Bottom Line

You're not broken.

You're just stuck in a high-alert body.

Once your nervous system learns that it's safe to rest, sleep becomes not just possible but something you look forward to.

In Step 5, we'll shift into your environment and lifestyle - not as the fix, but as the support system for everything you've built so far.

STEP 5

OPTIMIZE YOUR ENVIRONMENT &
LIFESTYLE - REINFORCE THE FOUNDATION
YOU'VE BUILT

STEP 5: Optimize Your Environment & Lifestyle - Reinforce the Foundation

The Truth About Sleep Hygiene: It Only Works on a Solid Foundation

You can buy every product on the market - from smart mattresses to cooling pillows but if your mind is racing, your body clock is misaligned, and your nervous system is in overdrive, none of it will matter.

Optimization $\neq$ foundation.

But once the foundation is solid, optimization becomes a force multiplier.

In this final step, we'll fine-tune the environment around your sleep to keep everything running smoothly and to eliminate the last 10–20% of friction points.

Optimize These 5 Zones for Seamless Sleep

1. Temperature (The Sleep Thermostat)

Your core body temperature must **drop by about 1°C (1.8°F)** to initiate sleep. A room that's too warm sabotages this process.

Follow these tips to regulate your body temperature:

- Bedroom temperature: 60–67°F (16–19°C)
- Use breathable sheets, natural fibers
- Take a warm shower **1 hour before bed** to induce a cooling rebound
- Use fans or a cooling pad if you run hot

 Study: Temperature regulation improves sleep depth and reduces wake-ups by up to 30%.

(Sleep Medicine Reviews, 2012)

2. Light

Your body reads light as instruction. Bright light = alertness. Darkness = time to sleep

A few tips to optimize light sources in your bedroom:

- Install dimmable lights or use low lights instead of ceiling lamps
- Use blackout curtains to block external light
- Remove any LED lights (or cover them up) - even the smallest light from your alarm clock can make a difference
- Avoid blue light from screens 1.5–2 hours before bed (or use a filter)





3. Sound

Your brain tracks noise during sleep. Sudden changes like barking dogs, car horns or your partner snoring can activate micro-arousals that break deep sleep cycles.

Optimize with:

- White, pink, or brown noise (test which soothes you best) - you can get apps or dedicated machines that play continuously drowning out any sudden noises that may occur at night. They also help induce brain waves for deeper sleep.
- Earplugs (high quality, noise cancelling)
- Addressing noise leaks (closed doors, windows, insulation)

4. Bed & Bedroom Associations (Psychological Clean-Up)

Your bedroom should only represent sleep and intimacy - not work, stress, or endless scrolling.

This goes back to stimulus control and your brain associating your bed with sleep.

Audit and reset:

- Remove all non-sleep objects from sight: laptops, paperwork, phones
- Make the bed daily to prime positive associations
- Ensure you are comfortable (mattress not too hard, not too soft depending on your preference, bedsheets and pillow that make you feel relaxed)
- Avoid lying in bed awake for more than 15-20 minutes - get up, reset, return only when sleepy
- Create a “bed equals sleep” ritual - same entry point, wind-down music, aromatherapy (depending on personal preference)

5. Lifestyle Alignment

Now we get to the typical “sleep hygiene” rules you see very often. These are great reinforcers and if you see red flags in this area, it’s definitely worth improving these to optimize the quality of your sleep.

- Caffeine cutoff: 2PM (earlier if sensitive, later if not - experiment)
- Alcohol window: avoid within 2-3 hours of bed (and drink plenty of water)
- Last meal: at least 2 hours before sleep
- Exercise timing: morning or early afternoon improves sleep pressure; late evening can overstimulate

✓ FINAL OPTIMIZATION CHECKLIST

DAILY

☐

Bedroom temp between 60–67°F

☐

No caffeine after 2PM

☐

No screens without filters after 8PM

☐

Wind-down in warm light and quiet environment

☐

Last meal 2+ hours before bed

☐

White/pink noise or sound protection in place (if required)

☐

Bedroom used only for sleep/intimacy

☐

Wake time fixed (± 15 minutes), even on weekends

WEEKLY

☐

Clean & reset your bedroom space

☐

Evaluate your light & noise control setup

☐

Log any new disruptors and adjust



Bottom Line

This is the outer shell of your sleep system, the environment that supports your internal transformation.

These strategies won't fix sleep alone but when layered on top of:

- A clear understanding of your barriers (Step 1)
- Reframed beliefs and mindset (Step 2)
- A synchronized circadian rhythm (Step 3)
- A calm and responsive nervous system (Step 4)

...they will create a sleep experience that is not just better — it's automatic.

CONGRATULATIONS!

You have now completed the full Sleep Recovery Framework and laid the foundation for results that compound for months and years.

Next: I'll guide you through implementing this in a structured 6-week plan that locks in progress and transforms your nights for good.



IMPLEMENTATION

YOUR 6-WEEK SLEEP RESET PLAN - FROM
EXHAUSTED TO ALIGNED



Final Section: Your 6-Week Sleep Reset Plan

Why Implementation Needs Structure

Now that you understand your sleep systems and have the tools to fix them, it's time to apply them in a structured, sustainable way.

You don't need to do everything at once.

In fact, that's the fastest way to fail as you get overwhelmed and put pressure on yourself - the opposite of what makes your sleep well.

Instead, this 6-week plan introduces key strategies in the right order as each change builds on the one before.

How to Use This Plan

Each week includes:

- A Core focus
- Key action steps
- Sleep goals
- Common roadblocks
- A "Success Snapshot" so you know what to expect

WORK IN PROGRESS





WEEK 1: Awareness & Baseline



FOCUS: UNDERSTAND YOUR CURRENT PATTERNS

Complete the full Sleep Assessment Protocol (Step 1)

Fill out your 7-Day Sleep Diary

Take the Sleep Beliefs Inventory + Chronotype Quiz

Avoid making any dramatic changes yet - just observe, track, learn



ACTION:

Identify your top priority areas for improvement

Start to wake up at a more consistent time (± 15 min)

Begin daily sunlight exposure in the morning (10-15mins)



SUCCESS SNAPSHOT:

You've identified your top 2-3 priority areas

You've built a picture of how your system works right now

You've taken the pressure off fixing — and focused on clarity



WEEK 2: Reframe & Rewire

FOCUS: SHIFT THE BELIEFS THAT FUEL ANXIETY AND AROUSAL

Revisit the 15 sleep beliefs you rated

Practice reframing thoughts and beliefs

Identify behaviours caused by unhelpful sleep beliefs

ACTION:

Track sleep thoughts (brain dump / journalling) and take 5-10mins before bed to reflect and reframe

When you catch yourself having a negative thought - try to acknowledge it in the moment and think about how you could reframe it.

SUCCESS SNAPSHOT:

Racing thoughts feel a little less sharp

You're less afraid of bad nights

You're building trust in your ability to respond, not panic



WEEK 3: Reset Your Rhythm

FOCUS: ALIGN YOUR CIRCADIAN RHYTHM TO YOUR BIOLOGY

Begin full Circadian Reset Protocol (Step 3)

Anchor your day with consistent light, movement, and meals (prioritize sunlight exposure in the morning)

Use light therapy if needed (especially for Wolves & Dolphins)

ACTION:

Wake + sunlight: non-negotiable

No naps (unless absolutely necessary for example if you need to drive or operate machinery), restrict time in bed to actual sleep time (optional: begin sleep restriction protocol)

Begin adjusting bedtime based on chronotype target range

SUCCESS SNAPSHOT:

You feel sleepier at the right time

You're not lying awake for hours anymore

You wake with less grogginess and more consistency



WEEK 4: Train Your Body to Let Go



FOCUS: REGULATE YOUR NERVOUS SYSTEM CONSISTENTLY

Find stress and nervous system regulation techniques that work for you and create a personalized strategy to reduce arousal and anxiety

Find your ideal wind down routine and ritual



ACTION:

Pick **one technique** during the day (for example breathwork, visualization, meditation, nature walks)

Pick **one technique** for the evening before bed (progressive muscle relaxation, guided sleep meditations, journalling, stretching etc.)

See what works best - do what feel good rather than what you think you "should" do. Remove "sleep effort" - focus on allowing, not achieving



SUCCESS SNAPSHOT:

Falling asleep feels less like a battle

You feel physically calm before bed

You wake up fewer times during the night



WEEK 5: Optimize Your Environment & Lifestyle

FOCUS: CLEAN UP THE FINAL 10% OF FRICTION

Audit your bedroom environment (light, noise, temperature, technology)

Fine-tune lifestyle disruptors: caffeine, alcohol, screen time

Reinforce boundaries: bed = sleep only

ACTION:

Implement your full “Sleep Sanctuary” setup (see Step 5 of the guide)

Lock in caffeine and food cut-off times (if applicable)

Reduce alcohol consumption before bed (if applicable)

Run a “clean environment experiment” to test results

SUCCESS SNAPSHOT:

Sleep quality and daytime energy levels will improve further

You’ve created a bedroom that promotes deep rest



WEEK 6: Consolidate, Calibrate, Customize

FOCUS: MAKE THE SYSTEM YOURS FOR LIFE

Review your progress across all 5 steps

Revisit your belief scores and update them

Create a strategy to stay aligned and consistent

ACTION:

Identify 1-2 core non-negotiables for your sleep (for example getting up at the same time everyday and getting sunlight exposure)

Think about a “mini reset” plan for travel, stress, shift disruptions and what to do to get back on track quickly.

Celebrate progress - even if sleep isn’t “perfect,” you’re 80–90% better

SUCCESS SNAPSHOT:

You know what works, what doesn’t, and why

You feel empowered, not afraid, around sleep

You’ve built a rhythm you can return to any time



TROUBLESHOOTING GUIDE

PROBLEM	POTENTIAL SOLUTION
Waking up too early	Check for chronotype alignment, sunlight exposure, check sleep pressure (did you go to bed too early?) stress levels, worries in personal life or work, alcohol intake.
Falling asleep takes longer than 30 min	Check nervous system routine, screen time, caffeine intake, meal timing, sleep pressure (did you wake up late or take a nap?) Reset sleep schedule, ensure morning sunlight exposure, increase physical activity
Feeling anxious before bed	Revisit beliefs, reframe daily, use guided breathwork, meditation, journalling. Get out of bed if you are awake for longer than 20mins and focus on relaxing activities.
No progress at all	Double check for medical red flags (see Step 1), tighten wake time, remove "fix it" pressure, get additional medical support or therapy (if related to anxiety, trauma or other mental health problem)
Waking up at night and unable to get back to sleep	Revisit stimulus control techniques (association that bed = sleep). Try sleep restriction. Get out of bed if you are awake for longer than 20mins and focus on relaxing and non-stimulating activity

Final Words + Bonus: Get a free 1:1 Sleep coaching session!

You've just taken a powerful step towards reclaiming your sleep. As a thank you and to help you apply everything you've learned I'm offering you a free 1-hour private sleep coaching session.

This isn't a generic chat. It's a deep, personalized session where we'll:

- Review your assessment results
- Identify the hidden blockers still affecting your sleep
- Build a tailored strategy using the exact framework from this guide
- Answer your specific questions and adjust your plan for your lifestyle

 Many clients tell me this session alone unlocked more clarity than months of trying on their own.

 Click below to book your free 1-hour session and finally get expert eyes on your sleep.

 **[Book your free coaching session here](#)**

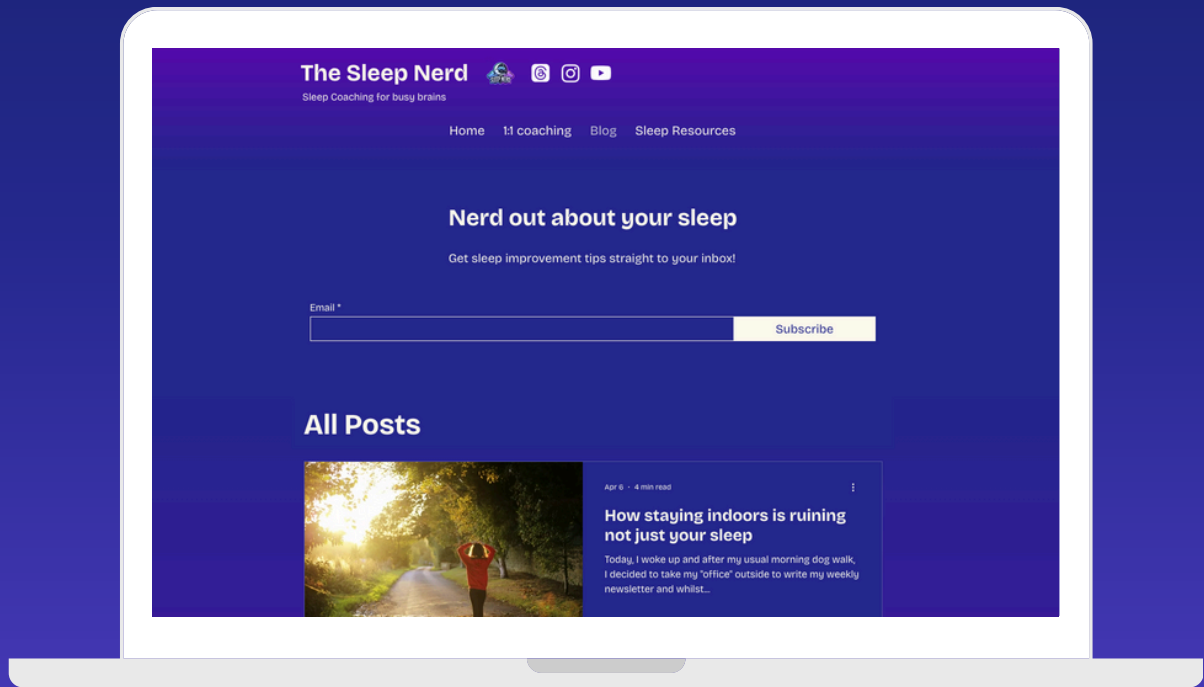
 My final lesson and take-away for you:

Don't ever try to force sleep - simply support your body's natural cues and systems and it will come to you happily and willingly.



Thank you!

Want more? Visit The Sleep Nerd Blog



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Disclaimer:

This guide is provided for informational purposes only and does not constitute medical advice.

The content is based on research and personal experience and is intended to share general information about sleep concepts and strategies.

Individual situations vary, and it's important to consult a qualified medical professional if you experience symptoms of or have been diagnosed with a sleep disorder.

We do not guarantee specific results and the creators and distributors of this guide are not responsible for any losses or damages resulting from actions taken based on its contents.