

WELUNOVA RESET SCORE DASHBOARD

The 3AM Reset for Perimenopause



CHECK YOUR RESET SCORE.



The WeLUNOVA Reset Score Dashboard

Track Your Skill Progress (Not Just Sleep Hours)

Why the Reset Score Matters

Most sleep tracking measures what you CAN'T control: sleep stages, total hours, REM cycles.

The WeLUNOVA Reset Score measures what you CAN control:

- How quickly you downshift activation
- Whether you followed your protocol
- How well you protect next-day recovery

When these improve, sleep quality follows. This is your true progress metric.

Your Daily Reset Score (0-8 Points)

SPEED (0-2 points)

- 0 = Awake longer than usual
- 1 = About the same
- 2 = Fell back asleep faster than usual

CALM (0-2 points)

- 0 = Panic spiral strong
- 1 = Some worry, manageable
- 2 = Panic loop noticeably smaller

CONTROL (0-2 points)

- 0 = Improvised / scrolled / bright lights / spiraled
- 1 = Used some tools
- 2 = Followed my protocol plan

MORNING COST (0-2 points)

- 0 = Wrecked day
- 1 = Functional but tired
- 2 = Surprisingly steady

Your 14-Day Reset Score Tracker

Day	Date	Speed (0-2)	Calm (0-2)	Control (0-2)	Morning (0-2)	TOTAL (0-8)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						

Interpreting Your Progress

Week 1 Average Score:

- ☐ 0-2: Building awareness phase (this is normal!)
- ☐ 3-4: Early skill development
- ☐ 5-6: Strong protocol adoption
- ☐ 7-8: Mastery emerging

Week 2 Average Score:

- ☐ 0-2: Consider consulting healthcare provider
- ☐ 3-4: Steady progress, keep going
- ☐ 5-6: Significant improvement
- ☐ 7-8: Protocol is working well

Key Insight:

Even a 1-2 point increase from Week 1 to Week 2 is meaningful progress.

You're training a skill, not chasing perfect sleep.

Celebrate These Wins:

- ✓ Panic reduced (even if still awake)
- ✓ Followed protocol (even if sleep was slow)
- ✓ Morning steadier (even if night was rough)
- ✓ Less fear at bedtime
- ✓ Faster return to sleep (even if it happened)

