

SLEEP RESET

7-Day Masterclass to Deep, Restorative Sleep

The science-backed protocol to fall
asleep faster, stay asleep, and wake up
truly energized in just 7 days.





SLEEP RESET: 7-DAY PROTOCOL

The Science-Backed Way to Deep Sleep & Wake Up Energized

**No pills. No sleeping meds.
Just the science that works.
Results within 7 days.**

By Vital Reset Health™

→ **Start Your 7-Day Reset**
recovery.vitalresethealth.com/sleep

WHY YOU CAN'T SLEEP (It's Not Your Fault)

The Problem: Three Broken Systems

You lie awake for 1-2 hours.
Your brain won't shut off.

You fall asleep finally.
You wake up 4-5 times per night.

You feel exhausted even after 8 hours.

Why?

1 CIRCADIAN RHYTHM DESTROYED

- Blue light at night (phone, TV)
- Irregular sleep schedule
- Brain thinks it's still daytime

2 NEUROTRANSMITTERS DEPLETED

- Low magnesium (70% of people)
- Poor melatonin production
- GABA too low (no relaxation signal)

3 SLEEP ARCHITECTURE BROKEN

- Stuck in light sleep (stages 1-2)
- Never reaching deep sleep (stage 3)
- Missing REM (emotional processing)

Result: Exhausted Despite Sleeping

THE GOOD NEWS: All three fix in 7 days.
This ebook shows you exactly how.



DAY 1

LIGHT PROTOCOL

Kill Blue Light (The #1 Sleep Killer)

ONE THING destroys your sleep more than anything else:

BLUE LIGHT AT NIGHT

Blue light tells your brain: "Stay awake."
This suppresses melatonin (your sleep hormone).

Today's Protocol

MORNING (6-7 AM):

- Get outside 15 minutes
- NO sunglasses
- Let sunlight hit your eyes
- This SETS your circadian rhythm for the day

EVENING (8 PM onward):

- Dim lights to 30%
- Blue light blockers ON (phone + computer)
- iPhone: Settings > Display > Night Shift (ON)
- Android: Settings > Display > Night Light (ON)
- No screens 1 hour before bed

BEDROOM (Bedtime):

- 100% darkness (blackout curtains)
- Temperature: 66-68°F (cool is critical)
- White noise (fan or app)

Tonight

You'll sleep better just from this one change.
This is that powerful.

Tracking:

- Morning sun: Yes/No?
- Bedroom darkness (1-10): ____
- Sleep quality tonight (1-10): ____

DAY 2

TEMPERATURE

Cool Room = Deep Sleep Signal

Your body sleeps when it's **COLD**.

Warm bedroom = Can't fall asleep.

Cool bedroom = Sleep comes naturally.

The Science

Sleep requires your body temperature to **DROP 2-3°F**.

If your room is too warm, you can't cool down.

Result: Light sleep only, constant wake-ups.

Today's Protocol

BEDROOM TEMPERATURE:

- Set to 66-68 °F (18-20 °C)
- Use AC or open windows
- Use a fan if needed
- This **ONE** number matters most

BEDDING:

- Cotton sheets (breathable)
- Lightweight blanket (easy to adjust)
- Avoid memory foam (holds heat)

PRE-SLEEP COOL-DOWN (30-60 min before bed):

- Warm shower/bath (104-109°F)
- 15 minutes in warm water
- Exit shower → rapid core cooling signal
- Body thinks "time to sleep"

Result

You'll fall asleep 15-20 minutes faster.
Your sleep will be deeper.

Tracking:

- Bedroom temperature: ___ °F
- Time to fall asleep: ___ minutes
- Wake-ups last night: ___
- Sleep quality (1-10): ___



DAY 3

CAFFEINE CUTOFF

No Caffeine After 2 PM (Non-Negotiable)

Caffeine destroys sleep more than you think.

Even 1 coffee at 3 PM?

Still 50% in your system at 8 PM.

Still disrupting sleep at midnight.

Today's Protocol

MORNING CAFFEINE (Only):

- Wait 90 min after waking
- First coffee at 9-9:30 AM (not immediately)
- Max 200mg (one strong cup)
- Black coffee only (no sugar crashes)

HARD CUTOFF:

- NO caffeine after 2 PM
- This is non-negotiable
- Even "decaf" has 10-15mg

CAFFEINE HALF-LIFE REMINDER:

- 2 PM coffee = 200mg in system
- 7 PM = 100mg still active (50%)
- Midnight = still 25mg disrupting sleep

AFTERNOON ENERGY ALTERNATIVE:

If you need energy at 3 PM:

- 10-minute walk outside (sunlight)
- Protein snack + water
- Not more caffeine

First Week Note

Days 1-3 of cutoff might feel:

- Mild headache (normal)
- Afternoon fatigue (normal)

This passes by day 4.

Tracking:

- Last caffeine time: ____
- Caffeine total today: ____ mg
- Evening restlessness (1-10): ____
- Sleep quality (1-10): ____

DAY 4

THE SLEEP MEAL

Eat This for Deep Sleep (The Sleep Meal)

Your sleep depends on THREE nutrients:

MELATONIN | GABA | MAGNESIUM

Most people are deficient in all three.

The Sleep Meal (Dinner at 6-7 PM)

Ingredients:

- 6-8 oz salmon or chicken
- 1 cup sweet potato
- 1 cup broccoli
- 2 tbsp tahini or almond butter
- Small salad with olive oil + lemon

Why This Works

SALMON (Tryptophan + Omega-3):

- Tryptophan converts to serotonin → melatonin
- Omega-3s repair brain cells
- Result: Natural sleep hormone production

SWEET POTATO (Carbs + B vitamins):

- Carbs help tryptophan cross blood-brain barrier
- B vitamins convert amino acids to melatonin
- Result: Tryptophan reaches brain effectively

BROCCOLI (Magnesium + Folate):

- 70% of people deficient in magnesium
- Magnesium = muscle relaxation + GABA support
- Result: Body relaxes naturally

TAHINI (Fat + Magnesium + Zinc):

- Improves nutrient absorption
- Supports sleep neurotransmitter production
- Result: Nutrients work better

OLIVE OIL (Polyphenols):

- Anti-inflammatory
- Supports melatonin production
- Result: Reduced inflammation = better sleep

Timing

Eat at 6-7 PM.

Allows 2-3 hours digestion before bed.

Nutrients absorbed + working when you sleep.

Optional (Strong)

Tart cherry juice (8 oz) = natural melatonin.

Or chamomile tea (calming, tradition).

Tracking:

- Did you eat sleep meal? Yes/No
- Time to sleep: ___ minutes
- Sleep quality (1-10): ___
- Compare to other days

DAY 5

THE SLEEP RITUAL

The Sleep Ritual (Consistency = Automatic Sleep)

Your body LOVES rhythm.

Same sleep time every night?
Your body releases melatonin automatically.
Sleep comes naturally.

Different sleep time every night?
Your body is confused.
Can't sleep, can't wake naturally.

TODAY: Lock in your ritual.

The Exact Sequence (Every Night)

2 HOURS BEFORE BED:

- Work wrapped up
- Phone notifications SILENCED
- Begin winding down

1.5 HOURS BEFORE BED:

- Dinner completed (sleep meal consumed)
- Digestion window begins

1 HOUR BEFORE BED:

- Lights dimmed to 30%
- Blue light blockers ON
- Warm shower starts

45 MINUTES BEFORE BED:

- Exited shower (body cooling now)
- Into bedroom (already cool)
- Calm, relaxed state

30 MINUTES BEFORE BED:

- Core body temperature lower
- Optional herbal tea or tart cherry juice
- Phone in another room (or airplane mode)

15 MINUTES BEFORE BED:

- Bed prepared
- Blackout curtains checked
- Temperature verified 66-68°F
- White noise ON

0 MINUTES - SLEEP:

- Eyes closed
- Body scan meditation (optional, 10 min):
 - Toes → legs → torso → arms → head
 - Notice without tension
- Or: 4-7-8 breathing (4-count inhale, 7-hold, 8-exhale)
- Natural sleep follows

The Weekend Question

Can I sleep different times weekends?

Answer: Max 1 hour variation.

9 PM weekday → 10 PM weekend (maximum).

Bigger shifts break your circadian rhythm.

Tracking:

→ Ritual completed: 100%?

→ Any steps skipped? Which?

→ Time to sleep: ___ minutes

→ Sleep quality (1-10): ___

DAY 6

OPTIONAL SLEEP SUPPORT

The Optional Sleep Acceleration

You've done 5 days of protocol.
Your sleep is improving.

But you might notice:

- Still waking 1-2 times per night
- Sleep feels "light" rather than deep
- Want to go faster?

Here's the Reality

Modern life depletes your sleep nutrients:

- Magnesium: 70% deficiency rate
- GABA: Dysregulated by stress
- Melatonin: Suppressed by blue light
- Tryptophan: Depleted by poor diet

LIFESTYLE RESETS THIS:

Takes 4-6 weeks naturally.

BUT:

Some people add targeted support.
Result: Full restoration in 2-3 weeks instead.

The Choice

OPTION A: Continue Lifestyle Only

- ✓ Works (but slower)
- ✓ Cost: \$0
- ✗ Takes 4-6 weeks
- ✗ Higher relapse rate

OPTION B: Protocol + Sleep Support

- ✓ 2-3 week restoration (accelerated)
- ✓ Deeper sleep earlier
- ✓ 80% stay consistent past day 7
- ✗ Additional cost (\$45-65/month)

MOST HIGH-PERFORMERS CHOOSE OPTION B.

Why? They understand:

Sleep recovery needs BOTH:

1. Circadian reset (you're doing this ✓)
2. Neurochemical support (targets root depletion)

WITHOUT #2: You hit ceiling around day 6-7.

WITH #2: You break through by day 10-14.

What to Look For in Sleep Formula

- ✓ Magnesium Glycinate (not oxide)
- ✓ L-Theanine (100mg+)
- ✓ Glycine (3g+)
- ✓ GABA (500mg+)
- ✓ Herbal blend (valerian, passionflower, etc.)
- ✓ NO melatonin (your body should produce naturally)
- ✓ GMP-certified
- ✓ Third-party tested

Your Decision

You can absolutely succeed with lifestyle alone.

Takes longer, requires more willpower.

OR:

You can accelerate with targeted support.
Results faster, easier, more sustainable.

Most people reading this?
They want OPTIMAL results.
That requires both systems.

Tracking:

- Will you add support starting tomorrow? Yes/No
- Which formula are you considering?
- Current sleep quality (1-10): ____

DAY 7

CONSOLIDATION & TRACKING

Lock In Results (Weekly Review)

Most people quit day 7.

Why?

Because they think it's done.
Then they break the routine.
Sleep falls apart.

DAY 7 IS CRITICAL.

This is the Review

REFLECTION (10 minutes):

- How many days: full protocol? (___/7)
- Which day was hardest? _____
- Which day was easiest? _____
- What improved most? _____

SCORE YOUR WEEK:

- Light protocol: ___/10
- Temperature control: ___/10
- Caffeine cutoff: ___/10
- Sleep meal: ___/10
- Sleep ritual: ___/10

AVERAGE: ___/10

Evaluation

IF YOUR SCORE IS 7+:

You're locked in.
Sleep is resetting.
Keep going exactly as is.

IF YOUR SCORE IS 5-6:

One area needs fixing.
Choose which and focus next week.

IF YOUR SCORE IS <5:

You skipped multiple protocols.
Pick ONE to perfect (usually light or temperature).
Master one, then add others.

Commitment for Week 2

Write this down:

"Next week I will _____ because I experienced _____."

Example:

"Next week I will wake with morning sun 7/7 days because I experienced 30% improvement in sleep quality."

WRITING = ACCOUNTABILITY = RESULTS.

The Long Game

Week 1: Reset (You're here)

- Baseline improvements
- Sleep easier

Week 2-3: Foundation

- Deeper sleep
- Natural wake-ups
- Sleep becomes automatic

Month 1-2: New Baseline

- Sleep is now "normal" again
- Results sustain without constant effort

Month 2+: Optimization

- Sleep is exceptional
- Energy, focus, mood improve
- Confidence building

The Next Step

Most people who succeed week 1:

- Add sleep support week 2
- Join community for accountability
- Lock in results for life

Tracking:

- Week 1 sleep score: ___/10
- Biggest win: _____
- Biggest challenge: _____
- Week 2 commitment: _____
- Ready to go deeper? Yes/No

7-DAY
TRACKING SHEET
(Print This)

Your 7-Day Sleep Tracker

(Print & Track Daily)

DAY 1 - DATE: _____

PROTOCOLS:

- Morning sun (15 min)
- Blue light blockers ON
- Bedroom dark/cool
- Caffeine timing correct

Bedtime: ____ | **Woke at:** ____

Wake-ups: ____ | **Sleep quality (1-10):** ____

Notes: _____

DAY 2 - DATE: _____

PROTOCOLS:

- Morning sun (15 min)
- Bedroom 66-68°F
- Warm shower before bed
- Blue light cutoff

Bedtime: ____ | **Woke at:** ____

Wake-ups: ____ | **Sleep quality (1-10):** ____

Notes: _____



DAY 3 - DATE: _____

PROTOCOLS:

- Morning sun (15 min)
- Caffeine stopped by 2 PM
- No screens 1 hour before bed
- Temperature maintained

Bedtime: ____ | **Woke at:** ____

Wake-ups: ____ | **Sleep quality (1-10):** ____

Notes: _____

DAY 4 - DATE: _____

PROTOCOLS:

- Morning sun (15 min)
- Sleep meal at 6-7 PM
- Full ritual completed
- All systems locked in

Bedtime: ____ | **Woke at:** ____

Wake-ups: ____ | **Sleep quality (1-10):** ____

Notes: _____

DAY 5 - DATE: _____

PROTOCOLS:

- Morning sun (15 min)
- Sleep meal timing perfect
- Ritual 100% consistent
- Temperature monitored

Bedtime: ____ | **Woke at:** ____
Wake-ups: ____ | **Sleep quality (1-10):** ____
Notes: _____

DAY 6 - DATE: _____

PROTOCOLS:

- All protocols maintained
- Considering support? Y/N
- Ritual automatic now?
- Sleep deepening?

Bedtime: ____ | **Woke at:** ____
Wake-ups: ____ | **Sleep quality (1-10):** ____
Notes: _____

DAY 7 - DATE: _____

WEEKLY REVIEW:

Light Protocol Score (1-10): ____
Temperature Control Score (1-10): ____
Caffeine Cutoff Score (1-10): ____
Sleep Meal Score (1-10): ____
Sleep Ritual Score (1-10): ____

WEEK AVERAGE: ____/10

Best night this week: DAY ____
(*Why?* _____)

Worst night this week: DAY ____
(*Why?* _____)

Biggest win: _____

Biggest challenge: _____



Week 2 commitment: _____

Will you add support? Y/N

Next step? _____



DISCOVER 4GreatSleep

Ready to Master Your Sleep?

The Science Works. Your Results Depend on Week 2 Decision.

You now understand:

- ✓ Why you can't sleep (broken circadian rhythm)
- ✓ How to fix it (7-day protocol you just learned)
- ✓ Why support accelerates results (neurochemistry rebuilding)
- ✓ The exact nutrients your body needs

Now the question:

Will you complete the 7 days?

And when you reach day 6-7...

Will you add the support that doubles your results?

The Most Successful People:

- Complete the protocol 100%
- Add sleep support by day 5-6
- Stay consistent for 30 days
- Sleep becomes exceptional permanently

Most People Who Fail:

- Do protocol 70% (miss consistency)
- Hit day 5-6 plateau (neurochemistry ceiling)

- Quit thinking "it doesn't work"
- Don't realize support would change everything

You're Not Most People

You've read this entire ebook.
You understand the science.
You know what works.

Now: Execute starting TONIGHT.

DISCOVER 4GREATSLEEP

Natural Sleep Breakthrough Formula

- Nano-Enhanced Technology
- Plant-Based + Magnesium + Amino Acids
- 2 Tablespoons Before Bed
- Results in 2-3 Weeks
- 60-Day 100% Satisfaction Guarantee

→→→ **CLICK HERE TO LEARN MORE** ←←←

 <https://vitalresethealth.com/4greatsleep/> 

Use Code: SLEEP7 for 20% Off
(Valid for ebook readers only)

<https://vitalresethealth.com/4greatsleep/>

✓ **50+ Verified Customer Reviews**
(Real transformations from people like you)

✓ **Honest Before/After Stories**
(Week 1 vs Week 4 sleep quality)

✓ **Science Breakdown**
(Why each ingredient works)

✓ **60-Day Guarantee Details**
(Try risk-free, full refund if not satisfied)

✓ **FAQ Answered**
(Safety, timing, combining with protocol)

✓ **Join Community**
(Accountability partners + support)

Your 90-Day Transformation

WEEK 1 (Now):

- Complete 7-day protocol
- Sleep improves 30-40%
- Track daily using page 10

WEEK 2:

- Results obvious
- Consider adding 4GreatSleep
- Decide: Lifestyle or accelerate?

WEEK 3:

- If support added: Dramatic improvement
- If lifestyle only: Steady improvement
- Sleep deepening significantly

WEEK 4+:

- New baseline locked in
- Sleep becomes automatic
- Energy + mood improving
- Ready for next protocols

This timeline assumes:

- ✓ Protocol implemented 100%
- ✓ 4GreatSleep added by week 2 (recommended)
- ✓ Consistency maintained
- ✓ Lifestyle changes become permanent

WITHOUT support: Takes 8-12 weeks

WITH support: 3-4 weeks

Most successful people choose the faster path.

You're Not Alone

Join the Sleep Reset Community:

VITAL RESET HEALTH YouTube

- Weekly: Sleep science, hacks, results
- Videos: Sleep vs. Energy vs. Focus
- Live: Q&A with sleep experts

youtube.com/@vitalresethealth

VITAL RESET HEALTH Community

- Private group for ebook readers
- Share tracking + results

- Accountability partners
- Advanced protocols access

STAY UPDATED:

- Email list: New protocols + success stories
- Direct answers to your questions
- Exclusive community access



STOP STRUGGLING WITH SLEEP

Your Results Start TONIGHT

- Read pages 1-9 TODAY
- Print tracking sheet (page 10)
- Start protocol TOMORROW MORNING
- Track daily
- By DAY 7: Evaluate
- WEEK 2: Add 4GreatSleep (optional but recommended)

→→→ **BEGIN YOUR RESET** ←←←



<https://vitalresethealth.com/4greatsleep>

**The science is proven.
Your sleep is fixable.
Your energy is returnable.**

All you need:

- ✓ The protocol (pages 1-9)
- ✓ The support (optional, doubles results)
- ✓ Consistency (7 days minimum)

Everything else follows.

See you on the other side of deep sleep.

— **Vital Reset Health Team**

Disclaimer

Educational content only. Not medical advice.

Consult doctor before major changes.

Results vary by individual.

4GreatSleep statements not evaluated by FDA.

Not intended to diagnose, treat, cure, prevent disease.

© 2026 Vital Reset Health™ · All rights reserved

Document generated January, 2026