

Night Mode Hormone Reset

4-Minute Printable Guide

Your nightly hormone-support ritual for women 30+

Use this simple 4-minute sequence to support overnight fat burning, reduce puffiness, balance cortisol, and wake up lighter and more energized.

The 4-Minute Reset Ritual



- 1 minute: Warm digestion activator (herbal tea or warm water)
- 1 minute: Light twist & stretch
- 1 minute: Diaphragmatic breathing
- 1 minute: Wind-down trigger (cleanse face, dim lights, or slow walk)

The “Night-Mode Switch”



Do ONE of these to signal safety + fat release:

- Dim lights by 50%
- Silence notifications
- Put phone on a counter (not the bed)
- Slow, intentional breathing for 30 seconds

Add These (Small But Powerful)



- Magnesium-rich drink or tea
- Protein + fiber at dinner
- Light stretching before bed



Remove These After 7PM



- Caffeine in any form
- Ultra-processed snacks
- Stressful communication (yes, this matters!)

Support Overnight Fat Burning



- Finish eating 2–3 hours before bed
- Keep room cool
- Go to sleep before 11 PM if possible

Reduce Morning Puffiness



- Hydrate 90 minutes before bed (not right before)
- Elevate pillows slightly
- Gentle neck/lymph stretches

The #1 Habit That Destroys Night-Mode Hormones



Late-night doom scrolling. It spikes cortisol, disrupts melatonin, and delays fat burning

3 Calming Breathing Cycles



Repeat 3 times:

- Inhale 4 seconds
- Hold 2 seconds
- Exhale 6 seconds

Save this card. Use nightly. Your body will feel the difference within days.

