

SLEEP FITNESS™

Sleep Fitness™

RESET GUIDE

Rebuild Your Energy System

(Starting in 3 Steps)

**YOU'RE
NOT TIRED.**

**YOU'RE
RUNNING A
BROKEN SYSTEM.**

**THIS IS WHERE
IT RESETS.**



THE TRUTH

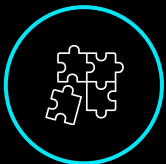
IF SLEEP ALONE FIXED BURNOUT... YOU'D ALREADY BE FINE.



Burnout is **not**
just lack of sleep



It's a failure of
your **energy system**



Sleep is **one input** —
not the whole model

AND YOU'VE BEEN TOLD IT IS.

STEP 1

STOP MISDIAGNOSING

**Most people try to fix symptoms.
That's why nothing sticks.**



Prompt:

What are you currently trying to “fix” with sleep?

- Energy
- Focus
- Mood
- Burnout
- Other: _____



You don't fix outcomes.
You **rebuild systems.**

STEP 2

IDENTIFY THE DRAIN



Prompt:

What is draining your system **DAILY**? Whether you notice it or not?

- Overload
- Screen exposure
- Stress carryover
- Lack of recovery
- Poor timing



Fill in:

My biggest daily drain: _____

STEP 3

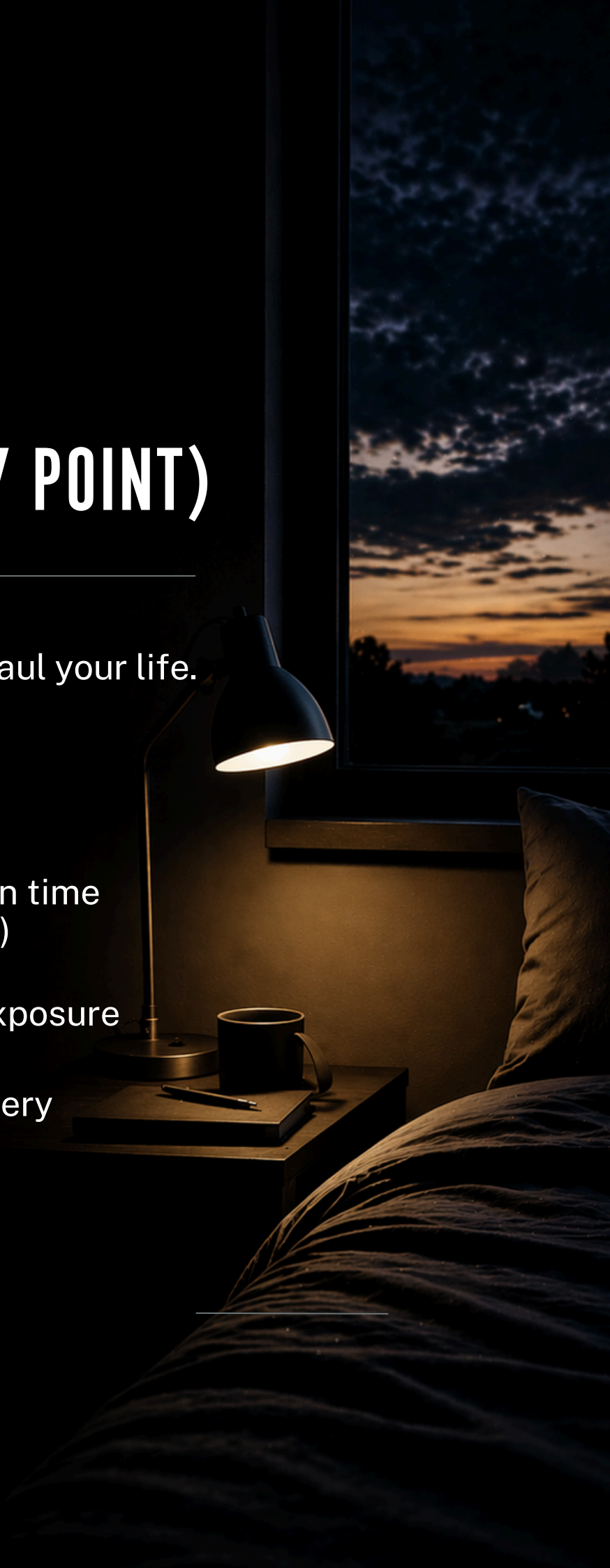
REBUILD (SIMPLE ENTRY POINT)



Don't overhaul your life.
Start here:

PICK ONE
(FOR THE NEXT 7 DAYS):

- Fixed wind-down time (non-negotiable)
- Morning light exposure
- 10-minute recovery block (midday)



THE SHIFT



This isn't about perfect **sleep**.



It's about building a system that **supports energy**.



IF THIS CLICKED...

**You don't need more information.
You need the next step.**



Go deeper (fastest path):
[The Sleep Fitness Audio Masterclass](#)

Under 2 hours. Built for real-world use.
Start rebuilding your system immediately.



Prefer reading?
[Explore the full method → Sleep Fitness](#)

