

FREE GUIDE

The 7-Night Wind-Down Plan

One small, free change per night for a week — the habits sleep experts recommend before any pill or supplement.

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How to use this plan

Each night adds one habit. Keep the earlier ones going. Don't aim for perfect — aim for most nights. Sleep tends to respond over one to two weeks, not one night.

Before you start

- For one or two nights, jot down when you went to bed, roughly when you fell asleep, any wake-ups, and when you got up. It helps you see patterns.
- If you snore loudly, gasp or stop breathing at night (ask a partner), or feel exhausted after a full night, talk to a clinician — those can be signs of sleep apnea.
- If sleep trouble has lasted more than three months, ask about **CBT-I** (cognitive behavioral therapy for insomnia), the first-line, drug-free treatment.

Your week at a glance

Night	Habit
1	One fixed wake-up time, every day
2	The caffeine cut-off
3	A cooler, darker, quieter bedroom
4	The last-hour light and screen routine
5	The 5-minute worry list
6	Slow breathing for night waking
7	What to do when you're awake at 3 AM

General wellness information, not medical advice. Talk to your doctor about sleep problems that persist or affect your daytime safety.

NIGHT 1

Pick one wake-up time — and keep it

Your body clock sets itself mainly by when you get up and see daylight. A steady wake time makes you sleepy at a steadier hour at night.

Do this

☐ Choose a wake time you can keep 7 days a week (within about 30 minutes).

☐ Get outside light within an hour of waking — even 10 minutes on a cloudy day helps.

☐ After a bad night, still get up at your time. Skip long lie-ins and naps over 20 minutes.

NIGHT 2

The caffeine cut-off

Caffeine can stay active for many hours, so an afternoon coffee can still be working at bedtime — even if you fall asleep fine, it can make sleep lighter.

Do this

☐ Last caffeine before noon this week (coffee, tea, cola, energy drinks, pre-workout, some pain relievers).

☐ Swap the afternoon cup for decaf or herbal tea.

☐ Notice alcohol too: it can help you drift off but often causes wake-ups later in the night.

NIGHT 3

A cooler, darker, quieter bedroom

Your body temperature drops as you fall asleep. A warm room — or night sweats — can wake you in the small hours.

Do this

- ☐ Aim for about 65–68°F (18–20°C). Use breathable cotton or linen bedding.
- ☐ Block light: blackout curtains or a soft eye mask; cover glowing electronics.
- ☐ Mask noise with a fan or white-noise app if your area is loud.

NIGHT 4

The last-hour light and screen routine

Bright light in the evening tells your brain it's still daytime. Busy screens keep your mind switched on.

Do this

- ☐ One hour before bed, dim the lights and switch to warm lamps.
- ☐ Put the phone on its charger outside the bed — use an old-fashioned alarm clock if you can.
- ☐ Do the same 2–3 calm things in the same order: wash up, read paper pages, stretch gently.

NIGHT 5

The 5-minute worry list

Racing thoughts are one of the most common reasons people lie awake. Writing them down earlier gives your brain permission to let go later.

Do this

- ☐ About 1–2 hours before bed, take 5 minutes and a sheet of paper.
- ☐ Left column: what's on your mind. Right column: the very next small step for each, or "nothing to do tonight".
- ☐ Close the notebook. If the thought returns in bed, remind yourself: "It's on the list."

NIGHT 6

Slow breathing for night waking

Slow, longer out-breaths help shift your body out of "alert" mode.

Do this: the 4-6 breath

- ☐ Breathe in gently through your nose for a count of 4.
- ☐ Breathe out slowly for a count of 6. Let your shoulders and jaw drop.
- ☐ Repeat for 5–10 minutes. Practise once before bed so it's easy at 3 AM.

NIGHT 7

What to do when you're awake at 3 AM

Lying in bed frustrated teaches your brain that bed is a place for being awake. A short reset breaks that link.

Do this

- ☐ Don't check the clock — turn it away. Clock-watching raises stress.
- ☐ Try your 4-6 breathing first.
- ☐ If you're still awake after what feels like ~20 minutes, get up, go to another dim room and read something calm on paper. Return to bed when you feel sleepy.
- ☐ Keep your usual wake-up time the next morning.

Next week

Keep the habits that helped most. Check your sleep notes from Night 1 against today.

About supplements

Some people add a gentle supplement on top of these habits. If you do, read the label, start with the lowest dose, and check with your doctor or pharmacist first if you take any medication.

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