

A 30-NIGHT PROTOCOL

The Rhythm Reset

Calmer nights, steadier days

01
Morning light

02
Caffeine cutoff

03
Wind-down ladder

04
Cool, dark room

START HERE

Tonight, do *just two things*

You don't need to read the whole planner first. The baseline and the daily page can wait a day.

1

TOMORROW MORNING — *01* MORNING LIGHT

Get 10 minutes of daylight within an hour of waking.

Step outside, open a window, walk to get coffee. That's Anchor 01.

☐ Done

2

TONIGHT — *03* WIND-DOWN LADDER

Pick one rung of your wind-down ladder.

Dim the lamps, or put the phone on the charger in another room. Just one.

☐ Done

THEN Add one anchor at a time, about one a week. Small and steady beats a perfect first night.

HOW THE 30 NIGHTS WORK

WEEK 1	Morning light + one ladder rung. Take your baseline when you're ready.
WEEK 2	Add your caffeine cutoff.
WEEK 3	Build out the full wind-down ladder.
WEEK 4	Set up the cool, dark room.
NIGHT 30	Retake the baseline. Compare Day 1 with Day 30.

Digital: tap the side tabs to jump between sections and ← *Contents* to go home. **Print:** landscape, "fit to page".

A NOTE FROM ME

Why I made *The Rhythm Reset*

For a long stretch, 11pm was the hardest part of my day. I'd be worn out by dinner, then the second the lights went off my mind switched on: replaying emails, rehearsing tomorrow, checking the clock.

The next afternoon I'd hit a wall around 3pm and reach for another coffee, which made that night harder still. I tried apps, earlier bedtimes and cutting coffee completely. None of it lasted more than a week.

What finally helped wasn't more willpower. It was rhythm: daylight first thing, a set time for my last coffee, the same few small steps down each evening, and a bedroom that felt like night. Over a few weeks my afternoons felt steadier, and more nights I was asleep before the worrying started.

Those four things became the anchors in this planner. Start small. One anchor at a time is enough.

— With care, from The Rhythm Reset

11:04 PM
Exhausted, and wide awake

3:00 PM
Third coffee, still foggy

NOW
Four anchors, steadier days

THIS IS FOR YOU IF…

- ✓ You feel wired but tired at night
- ✓ Your energy dips mid-afternoon
- ✓ You want a routine that fits a busy life
- ✓ You'll give it five minutes a day

IT'S NOT FOR YOU IF…

- × You want a quick fix
- × You're looking for a diagnosis or treatment
- × You have a sleep condition that needs medical care

The Rhythm Reset is a habit and journaling planner for general wellbeing. It is not medical advice and doesn't diagnose or treat any condition. If sleep problems continue, please talk with a qualified healthcare provider.

CONTENTS

Thirty nights, *four anchors*

Every line is a link. Tap a night below to jump straight to it.

START

Start here: Night 1 →

A note from me →

Your daily rhythm →

Baseline: Day 1 →

THE FOUR ANCHORS

01 Morning light →

02 Caffeine cutoff →

03 Wind-down ladder →

04 Cool, dark room →

Anchor tracker →

30 NIGHTS

Week 1 · Nights 1–7 →

Week 2 · Nights 8–14 →

Week 3 · Nights 15–21 →

Week 4 · Nights 22–28 →

Nights 29–30 →

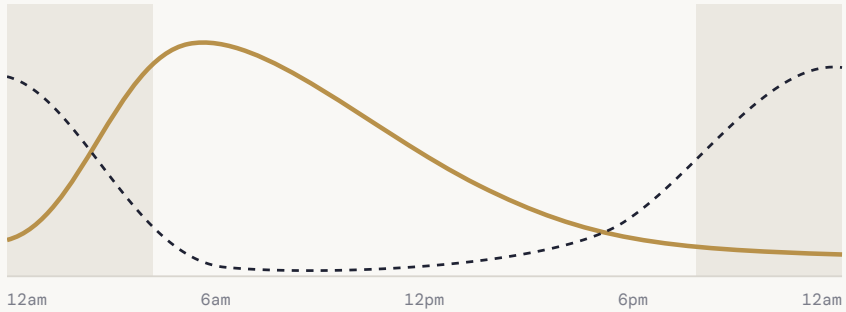
Day 30: before & after →

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Your body runs *on a rhythm*

Cortisol is one of the hormones involved in feeling alert. In a typical day it tends to be higher in the morning and lower in the evening, while melatonin rises as it gets dark. Everyday habits, like when you see daylight, when you have caffeine and how you spend your evening, are part of what your body uses to keep time.

This planner doesn't measure or change hormones. It helps you build simple, consistent habits that support your natural sleep–wake rhythm.



Simplified illustration of a typical pattern, not to scale. Everyone's rhythm varies.

FOUR HABITS THAT SUPPORT YOUR RHYTHM

01 **Morning light**

Daylight soon after waking helps signal "morning" to your body clock.

02 **Caffeine cutoff**

A set last-coffee time, so caffeine is less likely to linger into your night.

03 **Wind-down ladder**

A few small steps down from busy to sleepy, the same way each night.

04 **Cool, dark room**

A bedroom that says "night": cool, dark, quiet, phone elsewhere.

That's the theory. Start Night 1. →

DAY 1, OR WHENEVER YOU'RE READY

Your *starting point*

STATEMENT	DAY 1
I fall asleep within 20 minutes	1 2 3 4 5
I stay asleep through the night	1 2 3 4 5
I wake up feeling rested	1 2 3 4 5
I feel calm — not 'wired but tired' — at night	1 2 3 4 5
My mind is quiet at bedtime	1 2 3 4 5
I get through mid-afternoon without an energy crash	1 2 3 4 5
I don't need extra caffeine to get through the day	1 2 3 4 5
I get daylight within an hour of waking	1 2 3 4 5
I go to bed and wake at consistent times	1 2 3 4 5
I keep screens out of bed	1 2 3 4 5
My bedroom is cool, dark and quiet	1 2 3 4 5
Total / 55	_____

1 = rarely true · 5 = almost always true. Be honest. On Day 30 you'll compare.

RIGHT NOW, I USUALLY…

Go to bed at _____

Wake up at _____

Sleep (hours) _____

Last caffeine at _____

Afternoon crash at _____

Screens off before bed (min) _____

WHY I WANT STEADIER NIGHTS & DAYS

_____

_____

_____

01 MORNING LIGHT

Steady energy starts *in the morning*

Daylight early in the day is one of the cues your body clock uses. Many people find it supports a clearer morning, steadier afternoon energy and feeling sleepier at night.

- [ ] **Wake at the same time** — at _____
  Yes, weekends too — within ~30 min.
- [ ] **Water first** — at _____
  A big glass before coffee.
- [ ] **Get outside** — at _____
  5–10 min on a bright day, 15–30 if overcast. No sunglasses if comfortable.
- [ ] **Move** — at _____
  A short walk, stretch or stairs.
- [ ] **Delay caffeine a little** — at _____
  Many people find waiting 60–90 min helps them avoid the 3pm crash.
- [ ] **Protein breakfast** — at _____
  Steadier energy through the morning.

MY IDEAL FIRST HOUR

+0 min _____

+10 min _____

+20 min _____

+30 min _____

+45 min _____

+60 min _____

WHERE I'LL GET MY LIGHT

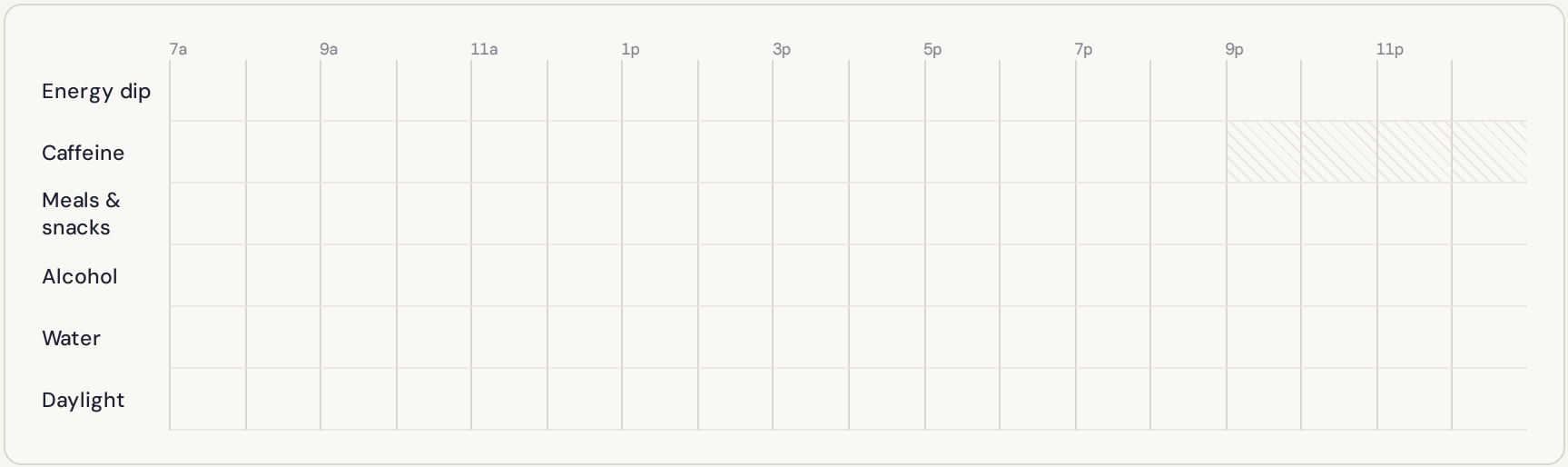
MY AFTERNOON ENERGY ON LIGHT DAYS VS. NOT

TIP Pair it with something you already do — coffee on the balcony, a walk to the bus.

02 CAFFEINE CUTOFF

Your cutoff, *your steady afternoon*

Caffeine can stay in your system for hours, and a restless night often leads to more coffee the next day. Map a typical day, mark your 3pm dip, and set a cutoff that breaks the loop.



MY CAFFEINE

Drinks / day now _____

Goal _____

Cutoff time _____

Tea, chocolate, pre-workout and some sodas count too. Try a cutoff about 8–10 hours before bed.

MY MEAL RHYTHM

Breakfast by _____

Lunch _____

Last meal by _____

Aim for your last big meal 2–3 hours before bed.

WHEN THE 3PM DIP HITS, I'LL…

e.g. a walk outside, water, a protein snack, decaf

_____

_____

_____

03 WIND-DOWN LADDER

My wind-down *ladder*

Each rung takes you a step from busy to sleepy. Count back from your bedtime and start with 1–2 rungs. Add more as they stick.

-3 hrs	__:__	Last meal · finish workouts	e.g. dinner done, gentle walk
-2 hrs	__:__	Dim the lights	lamps on, overheads off
-90 min	__:__	Close the day	brain dump, tomorrow's list
-60 min	__:__	Screens off	phone charges outside the bedroom
-45 min	__:__	Warm shower / bath	skincare, pyjamas
-30 min	__:__	Slow down	read, stretch, herbal tea
-10 min	__:__	Breathe	4-7-8 or long exhales
0	__:__	Lights out	

MY TARGETS

Bedtime _____

Wake time _____

Caffeine cutoff _____

Screens off _____

RUNG IDEAS

Herbal tea · a paper book · gentle stretching · a warm shower · slow breaths with a longer exhale · tomorrow's list on paper

MY WIND-DOWN SIGNALS

_____

_____

_____

LADDER Consistency beats length. A 20-minute routine you do nightly works better than an hour you skip.

A cool, *dark room*

Tick what you already have, then circle the one change you'll make this week.

Dark 01

- [ ] Blackout curtains or eye mask
- [ ] Cover or remove LED lights
- [ ] No phone screen in reach
- [ ] Warm, dim bedside lamp
- [ ] _____

Cool 02

- [ ] Room around 16–19°C / 60–67°F
- [ ] Breathable bedding
- [ ] Fan or open window
- [ ] Socks if feet get cold
- [ ] _____

Quiet 03

- [ ] Earplugs or white noise
- [ ] Phone on Do Not Disturb
- [ ] Silence notifications
- [ ] Talk with household about quiet hours
- [ ] _____

Calm 04

- [ ] Clear clutter from view
- [ ] Work stuff out of the bedroom
- [ ] Comfortable pillow & mattress
- [ ] Analog alarm clock
- [ ] _____

CHANGES I'LL MAKE

THINGS I'D LIKE TO BUY / TRY

Anchor *tracker*

Fill a cell each day you did it. Habits are grouped by anchor, with two blank rows for your own.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
01 Woke at target time																														
01 Morning daylight (10 min)																														
01 Afternoon walk / daylight																														
02 Caffeine before cutoff																														
02 Last meal 3 hrs before bed																														
02 No alcohol tonight																														
03 Lights dimmed after sunset																														
03 Screens off 1 hr before bed																														
03 One or more ladder rungs																														
04 Cool, dark room · phone out																														

TIP Add one anchor per week. They stack: morning light makes the evening wind-down easier.

01 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 1 Easy win: tomorrow, get 10 minutes of daylight. Tonight, do one rung of your ladder. Nothing else needs to happen.

02 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 2 Pick one wake time and keep it — even on weekends. A steady wake time anchors your whole rhythm.

03 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 3 Caffeine lingers for hours. Try a cutoff around 8–10 hours before bed.

04 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 4 Dim the lights after sunset. Warm, low lamps tell your brain evening has arrived.

05 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01
- [ ] Woke at target time
- [ ] Morning daylight (10 min)
- [ ] Afternoon walk / daylight

02
- [ ] Caffeine before cutoff
- [ ] Last meal 3 hrs before bed
- [ ] No alcohol tonight

03
- [ ] Lights dimmed after sunset
- [ ] Screens off 1 hr before bed
- [ ] One or more ladder rungs

04
- [ ] Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 5 Many people find a warm shower 1–2 hours before bed helps them feel ready for sleep.

06 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01
- [ ] Woke at target time
- [ ] Morning daylight (10 min)
- [ ] Afternoon walk / daylight

02
- [ ] Caffeine before cutoff
- [ ] Last meal 3 hrs before bed
- [ ] No alcohol tonight

03
- [ ] Lights dimmed after sunset
- [ ] Screens off 1 hr before bed
- [ ] One or more ladder rungs

04
- [ ] Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 6 Write tomorrow's to-do list tonight. Getting tasks out of your head can quiet the loop.

07 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01
- [ ] Woke at target time
- [ ] Morning daylight (10 min)
- [ ] Afternoon walk / daylight

02
- [ ] Caffeine before cutoff
- [ ] Last meal 3 hrs before bed
- [ ] No alcohol tonight

03
- [ ] Lights dimmed after sunset
- [ ] Screens off 1 hr before bed
- [ ] One or more ladder rungs

04
- [ ] Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

WEEK 1 CHECK-IN Anchor to add next week: ☐ *01* Morning light ☐ *02* Caffeine cutoff ☐ *03* Wind-down ladder ☐ *04* Cool, dark room

08 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01
- [ ] Woke at target time
- [ ] Morning daylight (10 min)
- [ ] Afternoon walk / daylight

02
- [ ] Caffeine before cutoff
- [ ] Last meal 3 hrs before bed
- [ ] No alcohol tonight

03
- [ ] Lights dimmed after sunset
- [ ] Screens off 1 hr before bed
- [ ] One or more ladder rungs

04
- [ ] Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 8 Alcohol may help you drift off, but it tends to break up sleep later in the night.

09 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01
- [ ] Woke at target time
- [ ] Morning daylight (10 min)
- [ ] Afternoon walk / daylight

02
- [ ] Caffeine before cutoff
- [ ] Last meal 3 hrs before bed
- [ ] No alcohol tonight

03
- [ ] Lights dimmed after sunset
- [ ] Screens off 1 hr before bed
- [ ] One or more ladder rungs

04
- [ ] Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 9 If you can't sleep after ~20 minutes, get up, keep lights low, and return when sleepy.

10 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 10 Finish hard workouts earlier in the day when you can. Gentle stretching is fine at night.

11 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01
- [ ] Woke at target time
- [ ] Morning daylight (10 min)
- [ ] Afternoon walk / daylight

02
- [ ] Caffeine before cutoff
- [ ] Last meal 3 hrs before bed
- [ ] No alcohol tonight

03
- [ ] Lights dimmed after sunset
- [ ] Screens off 1 hr before bed
- [ ] One or more ladder rungs

04
- [ ] Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 11 Try a few slow breaths with a longer exhale as the last rung of your ladder.

12 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 12 Charge your phone outside the bedroom tonight. Use a simple alarm clock instead.

13 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01
- [ ] Woke at target time
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- [ ] One or more ladder rungs

04
- [ ] Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 13 Eat your last big meal 2–3 hours before bed so digestion isn't working overtime.

14 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01
- [ ] Woke at target time
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- [ ] Lights dimmed after sunset
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- [ ] One or more ladder rungs

04
- [ ] Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

WEEK 2 CHECK-IN Anchor to add next week: ☐ *01* Morning light ☐ *02* Caffeine cutoff ☐ *03* Wind-down ladder ☐ *04* Cool, dark room

15 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 15 3pm slump? Try daylight and a short walk before reaching for another coffee.

16 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 16 Keep naps short (under 30 minutes) and before mid-afternoon.

17 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 17 Your bed is for sleep and rest. Move scrolling and work to another spot.

18 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 18 Name it to tame it: write the worry, then one small next step. Then close the notebook.

19 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 19 Many people find a protein-rich breakfast helps their morning energy feel steadier.

20 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 20 Stay hydrated earlier in the day and taper fluids in the last hour or two.

21 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

- 01 ☐ Woke at target time
- ☐ Morning daylight (10 min)
- ☐ Afternoon walk / daylight
- 02 ☐ Caffeine before cutoff
- ☐ Last meal 3 hrs before bed
- ☐ No alcohol tonight
- 03 ☐ Lights dimmed after sunset
- ☐ Screens off 1 hr before bed
- ☐ One or more ladder rungs
- 04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

WEEK 3 CHECK-IN Anchor to add next week: ☐ 01 Morning light ☐ 02 Caffeine cutoff ☐ 03 Wind-down ladder ☐ 04 Cool, dark room

22 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 22 A consistent wind-down signal (same tea, same book, same lamp) trains your brain over time.

23 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 23 Bright overhead lights at 10pm read as 'daytime' to your brain. Switch to lamps.

24 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 24 Slow, easy movement in the evening — yoga, a walk — can ease tension without revving you up.

25 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01
- [ ] Woke at target time
- [ ] Morning daylight (10 min)
- [ ] Afternoon walk / daylight

02
- [ ] Caffeine before cutoff
- [ ] Last meal 3 hrs before bed
- [ ] No alcohol tonight

03
- [ ] Lights dimmed after sunset
- [ ] Screens off 1 hr before bed
- [ ] One or more ladder rungs

04
- [ ] Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 25 Try 5 minutes of gentle stretching as a rung on your ladder tonight.

26 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 26 Notice the link: on days with morning light, how was your afternoon energy?

27 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 27 Gratitude shifts focus. Three small, specific things count more than one big one.

28 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01
- [ ] Woke at target time
- [ ] Morning daylight (10 min)
- [ ] Afternoon walk / daylight

02
- [ ] Caffeine before cutoff
- [ ] Last meal 3 hrs before bed
- [ ] No alcohol tonight

03
- [ ] Lights dimmed after sunset
- [ ] Screens off 1 hr before bed
- [ ] One or more ladder rungs

04
- [ ] Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

WEEK 4 CHECK-IN Anchor to add next week: ☐ *01* Morning light ☐ *02* Caffeine cutoff ☐ *03* Wind-down ladder ☐ *04* Cool, dark room

29 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 29 Almost there. Which anchors will you keep after these 30 nights?

30 NIGHT *of thirty*

Date _____ M T W T F S S

LAST NIGHT

In bed _____ Asleep ~ _____

Woke _____ Up _____

Total hrs _____ Wake-ups _____

Sleep quality 1 2 3 4 5

Morning energy 1 2 3 4 5

3pm energy 1 2 3 4 5

Evening stress 1 2 3 4 5

TIMING TODAY

Daylight _____ Last caffeine _____

Last meal _____ Screens off _____

Room temp _____ Exercise _____

FOUR ANCHORS

01 ☐ Woke at target time

☐ Morning daylight (10 min)

☐ Afternoon walk / daylight

02 ☐ Caffeine before cutoff

☐ Last meal 3 hrs before bed

☐ No alcohol tonight

03 ☐ Lights dimmed after sunset

☐ Screens off 1 hr before bed

☐ One or more ladder rungs

04 ☐ Cool, dark room · phone out

GRATEFUL FOR

1 _____

2 _____

3 _____

BRAIN DUMP · BEFORE BED

03 WIND-DOWN LADDER

Worries, to-dos, loose thoughts. Out of your head, onto the page.

Tomorrow's one priority _____

Tonight I'll let go of _____

NIGHT 30 You did it. Retake your baseline and put your Day 1 and Day 30 scores side by side.

Before *& after*

Copy your Day 1 scores across, rate yourself again, and note the change.

STATEMENT	DAY 1	DAY 30	CHANGE
I fall asleep within 20 minutes		1 2 3 4 5	
I stay asleep through the night		1 2 3 4 5	
I wake up feeling rested		1 2 3 4 5	
I feel calm — not 'wired but tired' — at night		1 2 3 4 5	
My mind is quiet at bedtime		1 2 3 4 5	
I get through mid-afternoon without an energy crash		1 2 3 4 5	
I don't need extra caffeine to get through the day		1 2 3 4 5	
I get daylight within an hour of waking		1 2 3 4 5	
I go to bed and wake at consistent times		1 2 3 4 5	
I keep screens out of bed		1 2 3 4 5	
My bedroom is cool, dark and quiet		1 2 3 4 5	
Total / 55	_____	_____	_____

NOW, I USUALLY…

Go to bed at _____

Wake up at _____

Sleep (hours) _____

Last caffeine at _____

Afternoon crash at _____

Screens off before bed (min) _____

ANCHORS I'M KEEPING

_____

_____

_____