

# Sleep Reset Checklist

Small Shifts Add Up To Big Results



## Morning Anchors

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- Wake up at a consistent time.  
Helps anchor your circadian rhythm.
- Get outside in natural light within 1 hour of waking.  
Morning light boosts alertness.
- Anchor breakfast and movement to regular times.  
Consistent routines reinforce your internal clock.



## Daytime Habits

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- Avoid caffeine after 2 PM.  
Reduces risk of delayed sleep.
- Dim indoor lights after sunset (if possible).  
Lower light signals your brain to begin winding down.
- Blink intentionally during breaks.  
Lower light signals your brain to begin winding down.



## Evening Wind-Down

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- Use a wind-down routine before bed.  
Gentle rituals help your body and mind transition to sleep.
- Turn off screens or use night mode 1 hour before bed.  
Limit blue light that can delay melatonin release.
- Only go to bed when you feel truly sleepy.  
Helps reinforce healthy sleep associations.

Every small action supports your body clock.  
Stay consistent, and your rhythm will return.

swivel