



# SLEEP RESET PROTOCOL

A simple step-by-step  
to guide your  
evening


If you're short on time, just follow this checklist and play the audio – that's enough.


 **EARLY EVENING**

- Tomorrow Plan
- Mental Reset 




Screens Away


 **BEFORE BED WIND-DOWN**

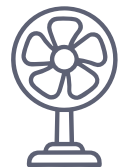
- Warm Up 
- Calm Input




Warm Lighting


 **IN BED**

- Breathing 
- Hypnosis Audio



Cool Bedroom

 **MORNING**

- Consistent Waking Time
- Sunlight Sleep Timer 
- Hydration



Medication Check



Consistency