



My Sleep Reset Plan

Day: _____ Date/Time: _____

PRE-SLEEP CHECKLIST

- ☐ Darken all light sources (windows, doors, clock)
- ☐ Dial down temperature (15-19°C is ideal)
- ☐ Silence your phone

What's on my mind? (Write it down to dump it from your brain. Use this during the night too.)

BREATHE & FLEX

Take slow, deep cleansing breaths. Let your jaw drop, tongue fall away from the roof of your mouth, and release facial tension. Scan your body and loosen any remaining tension.

COGNITIVE SHUFFLE

Stop the worry loop. Pick a random 5-6 letter seed word. Close your eyes and spell it. For each letter, visualize and name objects starting with it (e.g., for DANCE: D-Door, D-Dog, etc.).

My seed word tonight is:

Source: mysleepbutton.com

RESTLESS NIGHT? DON'T PANIC.

- Do not watch the clock.
- Avoid your phone.
- After 20 minutes, leave the bed.
- Go to your planned **Escape Hatch**.
- Return to bed only when sleepy.

If I can't sleep, my escape hatch will be:

Source: sleepfoundation.org

* In the morning, rate your sleep:

[] Poor [] Good [] Better than Last Night [] Great Sleep!

Remember: Just calm the F down.

** Sweet dreams!*