



# THE 7-NIGHT SLEEP RESET CHECKLIST

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## Night 1 – Set Your Sleep Sanctuary

- Declutter your bedroom and remove screens.
- Lower the temperature to 65–68°F.
- Switch to dim lighting 1 hour before bed.

## Night 2 – Consistency is Key

- Choose a set bedtime and wake-up time (stick to it!).
- Set a phone reminder to start winding down 30 minutes before bed.
- No snooze button in the morning—get up with your first alarm.

## Night 3 – Cut Out Sleep Disruptors

- Stop caffeine after 2 PM.
- Skip alcohol at night (it fragments sleep).
- Limit heavy meals within 2–3 hours of bedtime.

## Night 4 – Create a Calming Ritual

- Try light stretching, meditation, or journaling before bed.
- Use calming scents (lavender, chamomile).
- Take 5 deep breaths lying down—inhale 4, hold 4, exhale 6.

## Night 5 – Support Your Body

- Hydrate during the day, taper fluids in the evening.
- Exercise earlier in the day (not within 2 hours of bedtime).
- Take a warm shower or bath before bed to trigger relaxation.

## Night 6 – Optimize Your Sleep Quality

- Keep your room dark (use blackout curtains or a sleep mask).
- Block noise with a fan, white noise, or earplugs.
- Swap scrolling for a book or calming audio.

## Night 7 – Reflect & Reset

- Journal how your energy, mood, and skin feel after 6 nights.
- Note what worked best—keep those habits going.
- Commit to repeating the routine for another 7 nights.

✓ **Bonus Anti-Aging Tip:** Pair this checklist with consistent hydration, nutrient-rich meals, and stress management for even greater results.

★ By the end of 7 nights, you'll notice brighter eyes, smoother skin, and more energy—proof that quality sleep is the best anti-aging treatment.



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