Sleep Reset Checklist

The Second Bloom - free guide

[ ] Same bedtime and wake time, 7 days a week

[ ] Bedroom cool (around 18C / 65F), breathable bedding

[ ] Screens off 60 minutes before bed

[ ] No caffeine after noon; limit evening alcohol

[ ] 10 minutes of morning daylight

[ ] Ask your doctor about magnesium and vitamin D

[ ] Keep a cold glass of water by the bed for night sweats