

SLEEP RESOURCE

The Seven-Day Sleep Reset

One steady anchor, two useful changes and a week to see what is worth keeping.

Sleep routines rarely unravel in one dramatic moment.

Bedtime moves later. A poor night leads to a lie-in. Caffeine edges further into the afternoon. The evening has no clear finish, and bedtime starts carrying far too much responsibility.

This reset puts three simple markers back in place. You are not trying to force sleep or judge each night. You are testing whether a steadier routine makes the week easier.

HOW IT WORKS

ONE ANCHOR

Choose a realistic wake-up window.

TWO SUPPORTS

Choose one daytime action and one evening action.

SEVEN DAYS

Follow the plan and record only what is useful.

Track the routine, not whether each night was good.

Before you begin

This is a practical reset, not a diagnosis or treatment programme. If poor sleep has continued for months, is affecting daily life or may be related to pain, medication, menopause symptoms, breathing problems or another health issue, speak to a qualified health professional.

Still trying to understand the pattern? Start with **Sleep Pattern Notes**.

SET YOUR RESET

Set your reset

Choose one option in each section. Do not add extra rules halfway through the week unless something is clearly unworkable.

1 Set your wake-up window

Choose a window you can usually maintain for seven days, including after a poor night. It does not need to be exact.

Earliest:**Latest:**

A 30–60 minute window is more realistic than one exact time.

2 Choose one daytime support

Tick **one**.

☐ **Get morning daylight**

I will do this: _____

☐ **Set a caffeine cut-off**

Time: _____

☐ **Keep any naps earlier in the day and brief**

My plan: _____

3 Choose one evening support

Tick **one**.

☐ **Give the day a clear finishing time**

Time: _____

☐ **Use the same short wind-down routine**

First: _____

Then: _____

Finally: _____

☐ **Go to bed when I feel sleepy**

Rather than simply because it is late.

AFTER A POOR NIGHT

A poor night does not need to reorganise the next day. I will aim to keep my wake-up window rather than sleep much later or move the next bedtime much earlier.

The thing that will make this realistic is: _____

SEVEN DAYS

Seven days, lightly recorded

Tick the parts of the reset you used. Add one short observation only when it tells you something useful. Do not grade the night.

DAY 1 — ☐ Up within my wake-up window ☐ Daytime support ☐ Evening support
Worth noting: _____

DAY 2 — ☐ Up within my wake-up window ☐ Daytime support ☐ Evening support
Worth noting: _____

DAY 3 — ☐ Up within my wake-up window ☐ Daytime support ☐ Evening support
Worth noting: _____

DAY 4 — ☐ Up within my wake-up window ☐ Daytime support ☐ Evening support
Worth noting: _____

DAY 5 — ☐ Up within my wake-up window ☐ Daytime support ☐ Evening support
Worth noting: _____

DAY 6 — ☐ Up within my wake-up window ☐ Daytime support ☐ Evening support
Worth noting: _____

DAY 7 — ☐ Up within my wake-up window ☐ Daytime support ☐ Evening support
Worth noting: _____

Keep observations plain and specific: the evening felt less rushed; the caffeine cut-off was unrealistic; there was no clear difference yet; pain or discomfort disrupted the plan.

A missed day does not require a restart. Continue with the next one.

REVIEW

What is worth keeping?

Seven days will not explain every sleep problem. It should give you enough information to decide what deserves more time.

1 Which part was easiest to repeat?

2 Which part made the clearest difference?

This may have been a change in sleep, the evening itself or how you handled the following day.

3 What kept getting in the way?

4 Which two actions will you continue for another fortnight?

1.

2.

Review date:

WHERE TO GO NEXT

If the pattern is still difficult to explain

Use **Sleep Pattern Notes** to record what has been happening, possible contributors and the effect on your day.

[Go to Sleep Pattern Notes →](#)

If repeated night waking is the main problem

Use the **3am Wake-Up Reset**, which focuses on what to do when you wake and cannot easily return to sleep.

[Go to the 3am Wake-Up Reset →](#)

If poor sleep has continued for months or is affecting daily life

Speak to a GP or another qualified health professional. Mention daytime sleepiness, snoring or interrupted breathing, pain, medication changes, menopause symptoms or safety concerns. Ask whether a structured treatment such as CBT-I may be appropriate.

Keep the parts that made the week steadier. Do not add more rules simply because seven days have passed.

This resource provides general information and is not a diagnosis or treatment plan. Speak to a qualified health professional if poor sleep is persistent, affects daily life or may be connected to a health condition or medication. Do not drive when sleepy.