


Sleep Tools That Work



BEDTIME *Routine*







- ☐ *Temperature set to 65–70°F (18–21°C).*
- ☐ *Blackout curtains or eye mask; cover status lights.*
- ☐ *Consistent white noise (fan or machine).*
- ☐ *Breathable bedding (cotton/linen); pajamas not too warm.*
- ☐ *Red/amber night light for bathroom trips.*
- ☐ *Tidy nightstand: book, water, lip balm; nothing stimulating.*
- ☐ *Pet/notifications handled before lights out.*

 *Hydration note: stop heavy drinking 1–2 hours before bed to reduce wake-ups.*





Quick Wins Tonight (Do These First)

-  Dim & warm your lights 60 minutes before bed (use lamps or amber bulbs).
-  Phone on Do Not Disturb; set a wind-down alarm.
-  Warm shower or bath 10–15 min; cool the bedroom after (65–70°F / 18–21°C).
-  Breathing cue: 4-7-8 or 1 minute of slow nasal breathing.
-  Evening Fuel: Sip a calming herbal tea (chamomile, peppermint, lavender, or valerian). Pair it with a light snack if hungry (yogurt + berries).
-  Caffeine cut-off: 8–10 hours before bedtime.

👉 If you wake in the night, avoid bright light. Use a dim amber night-light.

⚙️ Tools That Work — Gear & Apps

Light & Screens

- Blue-light filters at sunset (f.lux/Night Shift).
- Amber bulbs or smart dimmers for lamps in the evening.
- Blue-blocking glasses (use 1–2 hours before bed).
- 🌅 Smart Sleep Lights: Hatch Restore, Philips SmartSleep Light for sunset/sunrise simulation.

Sound

- White noise machine (steady and non-patterned).
- Soft silicone earplugs if your environment is noisy.
- 🎧 Apps: Endel, Noisli, Calm for soundscapes.

Temperature & Comfort

- Cooling fan or bed topper; breathable sheets.
- Weighted blanket (10% of body weight) if anxiety is high (avoid if it overheats you).
- Wearables: Oura Ring, Whoop, Fitbit for sleep stage and recovery tracking.
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Aromas & Rituals

- A few drops of lavender or chamomile oil in a diffuser.
- 🍵 Tea Ritual: Choose a non-caffeinated blend (chamomile, peppermint, valerian, or lavender). Use a dedicated mug and make it part of your nightly routine.
- Repeatable wind-down ritual: light stretch, tea, 10-minute read.

Gentle Tracking (optional)

- Use apps/wearables for trends, not perfection. If tracking raises anxiety, skip it.
- 📱 Apps: Calm, Insight Timer, Breethe, Sleep Cycle.

Breathing / Relaxation Gadgets

- 🐦 Moonbird (breath-pacing device).
- Apps: Breathwrk, Insight Timer (guided breathwork).



Gentle SUPPLEMENTS

(Consider, Not Required)

Educational only, not medical advice. Consult your clinician, especially if pregnant, nursing, on medication, or with health conditions.

- *Magnesium glycinate 200–400 mg taken with dinner.*
- *Glycine 3 g 30–60 minutes before bed.*
- *L-theanine 100–200 mg with evening tea for calm.*
- *Apigenin 50 mg optional, or melatonin 0.3–1 mg for jet lag/shift work only (short-term).*



Troubleshooting & When to Seek Help!

- Loud snoring, choking/gasping, or excessive daytime sleepiness → ask your clinician about sleep apnea.
- Persistent insomnia (>3 nights/week for >3 months) → consider a brief CBT-I program (highly effective).
- Nighttime anxiety/rumination → journal a "mind unload" and tomorrow's top 3 tasks 1 hour before bed.

👉 If you try the reset for 2–3 weeks without improvement, consult a healthcare professional.



7-Night Sleep Reset Plan

Pick a fixed wake time (weekdays & weekends).

Morning sunlight within 60 minutes for 5–10 minutes.

Move lightly during the day; avoid hard workouts 2–3 hours before bed.

No caffeine after ~2 pm (or 8–10 hours before bedtime).

Set a wind-down alarm 60 minutes before bed; follow your ritual (tea, stretch, reading).

If awake > 20 min, get out of bed; read a paper book in dim light; return when sleepy.

Track one thing: bedtime, wake time, and a simple sleep score (1–5).

Sleep Tracker

Day	Target Bedtime	Actual Bedtime	Wake Time	Sleep Score (1-5)
Night 1				
Night 2				
Night 3				
Night 4				
Night 5				
Night 6				
Night 7				



THE HOLISTIC FORGE

At The Holistic Forge, we believe restful sleep is the foundation of your energy, focus, and creativity. This guide curates simple, science-backed tools and nightly rituals to help you unwind, quiet the mind, and rebuild your energy naturally so you can rise ready to forge your best day.

Forge your flow. Rest deeply. Rise stronger.

Connect with The Holistic Forge

 theholisticforge.com

 hello@theholisticforge.com

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