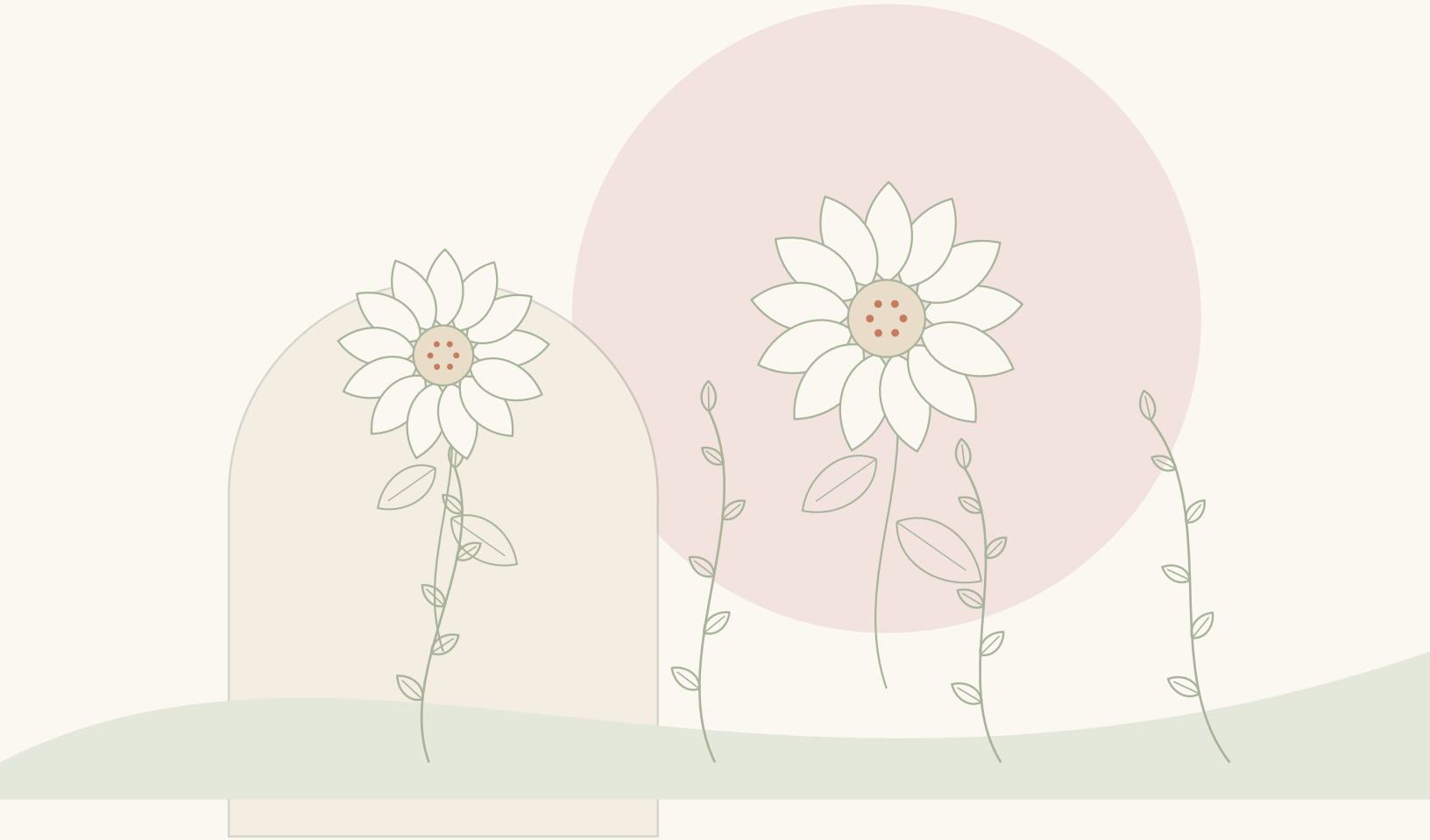


FREE MINI-GUIDE

Sleep Reset

A gentler evening in six pages.

6 pages · fabdeo.com

FABDEO

Start with the hour before bed

Many people find sleep gets easier when evenings become predictable. Here is a calm place to begin.

Three small anchors

- Same bedtime and wake time most days, even weekends.
- Dim light and fewer screens in the last hour.
- A short ritual that tells your body the day is over.

Start with one

Choose a single anchor for the week. Add another when the first feels normal.

My notes

WIND-DOWN

A thirty-minute landing

Minutes 1 to 10

Tidy one surface, set out tomorrow's clothes, write the top task for morning.

Minutes 10 to 20

Warm shower or wash face, moisturize, brush teeth. Lights lower.

Minutes 20 to 30

Read, listen to something calm or stretch gently. Phone out of reach.

Racing thoughts?

Keep a notepad by the bed. Write the thought down and leave it on the page until morning.

My notes

BEDROOM

Make the room helpful

Check

- [ ] Curtains block street light
- [ ] Phone charges across the room
- [ ] Comfortable pillow and sheets
- [ ] Window open a crack or a fan
- [ ] Bedside table clear
- [ ] No work in the bedroom

SEVEN NIGHTS

A gentle log

Notice, do not judge.

Night	To bed	Woke	Rested 1-5	Note
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Tip

Look for patterns after a week: which evenings led to easier mornings?

NEXT

Where to go from here

Longer help

The Evening Care Workbook and our journal at fabdeo.com/journal have more ideas for calmer nights.

Please note

This guide is general information. If sleep difficulties continue, or you feel very unwell, please talk to a doctor.

My notes