



# SLEEP RESET PROTOCOL





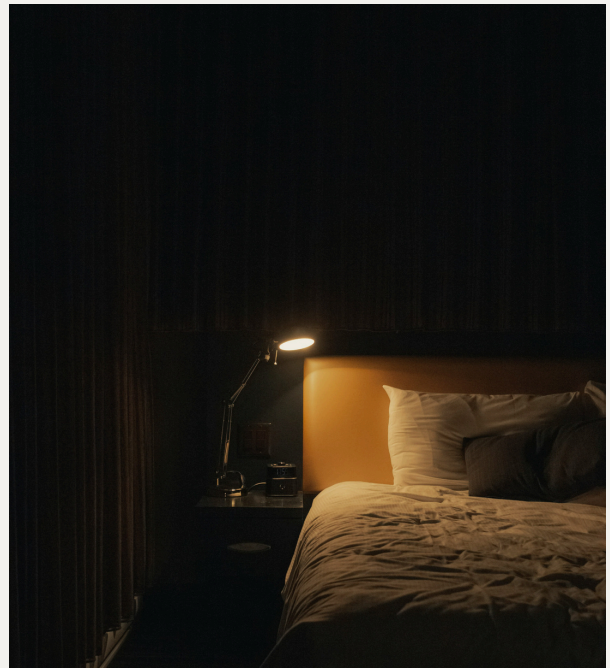
# OVERVIEW

## Overview

This protocol pairs with the Sleep Reset video series, delivering a structured approach to optimize sleep quality, duration, and consistency. Drawing on advanced sleep science and proven clinical methods, this framework helps you build the deep, restorative sleep patterns that fuel resilience, recovery, and elite performance.

## Core Principles

- **Circadian Rhythm Alignment:** Your internal clock dictates hormonal balance, energy levels, and sleep quality.
- **Sleep Architecture Optimization:** Deep sleep and REM cycles are essential for recovery and cognitive performance.
- **Neurological Recovery:** Proper sleep resets the nervous system, reducing pain sensitivity and improving adaptability.
- **Environmental Precision:** The sleep environment powerfully influences physiological restoration.



# STEP-BY-STEP PRECISION PROTOCOL

## STEP 1: MORNING LIGHT ACTIVATION

<b>AM Sunlight</b>	Within 30 minutes of waking, get 10–15 minutes of natural sunlight exposure to anchor circadian rhythms.
<b>Naked eyes</b>	Avoid sunglasses during this time to maximize retinal light signaling.

## STEP 2: STRATEGIC EVENING ROUTINE

<b>Avoid Blue Light</b>	2 hours before bedtime, minimize blue light exposure (devices, screens) and use blue-light filtering glasses.
<b>Wind-down</b>	Begin a nightly wind-down/gratitude routine with calming breathwork (inhale 4 sec, exhale 6 sec).

## STEP 3: ENVIRONMENTAL OPTIMIZATION

<b>Cool Off</b>	Set bedroom temperature between 65–68°F.
<b>Quiet Down</b>	Eliminate ambient light and noise; use blackout curtains and sound masking if needed.
<b>Stay Supported</b>	Invest in a supportive mattress and pillow suited to your spine alignment and recovery needs.

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## STEP 4: NUTRITIONAL AND HORMONAL SUPPORT

<b>Go for decaf</b>	Avoid caffeine within 8 hours of bedtime.
<b>Eat early</b>	Time your last meal at least 3 hours before bed.
<b>Dim the lights</b>	Support melatonin production naturally through dim lighting and low evening stimulation.

## STEP 5: NERVOUS SYSTEM RESET

<b>Relaxation</b>	Use a pre-sleep mobility and relaxation protocol: <ul style="list-style-type: none"><li>• 3–5 minutes of gentle stretches.</li><li>• 5 minutes of nasal breathing or box breathing to lower cortisol levels.</li></ul>
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# STEP-BY-STEP PRECISION PROTOCOL

STEP 6: ADVANCED OPTIMIZATION (ULTIMATE TIER)	
Tracking	Incorporate sleep tracking with wearables to monitor recovery scores and adjust routines.
Add Tools	Explore advanced tools like red light therapy or sauna sessions for enhanced sleep drive.
Get Strategic	Schedule quarterly assessments to refine sleep strategies based on evolving demands.



## KEY TAKEAWAY

“Elite performance isn’t built in the gym or the boardroom – it’s forged during deep, restorative sleep. By mastering circadian alignment, calming your nervous system, and creating precision in your routines, you unlock the highest levels of resilience and cognitive power.”

– Dr. Ryan Nordell