

# The 1-Page Sleep Reset

*for women over 50 — wind down in 30 minutes, sleep deeper tonight*

Better sleep after 50 usually isn't about doing more — it's about a calmer **last 30 minutes**. Print this, keep it by your bed, and follow it for 3 nights. Most women feel a difference by night 3.

## Your 30-minute wind-down (start 30 min before bed):

- 30 min — Dim the lights.** One warm lamp instead of overhead lights.
- 30 min — Last sip rule.** No coffee, tea (except herbal), or alcohol. Water is fine.
- 25 min — Screens down** or warm mode on. Phone charging across the room if you can.
- 20 min — Warm it up.** A warm shower, or just warm feet (socks count).
- 15 min — Brain dump.** Write tomorrow's top 3 tasks on paper.
- 10 min — Gentle stretch.** Neck rolls, shoulder rolls, breathe out slowly.
- 5 min — Set the room.** Cool, dark, quiet. Same bedtime as last night.
- In bed — 4-7-8 breath x4.** Inhale 4s · hold 7s · exhale 8s.

**The one habit that changes the most:** a consistent wake-up time, even on weekends. It anchors everything else.

Tonight's win:  I followed the reset  I felt calmer  I'll do it again

## Want the full system?

This is night one. **The 7-Day Reset for Women 50+** gives you all 7 days — sleep + energy + simple high-protein meals + a gentle movement routine + printable trackers — for **\$9**.

[Get the 7-Day Reset →](#)

*Love it or it's free — 14-day guarantee.*