

THE 7-NIGHT SLEEP RESET

A simple routine to fall asleep faster and wake up better. One change per night.

AT A GLANCE

- Most adults need 7 to 9 hours a night (NHS).
- Consistency matters more than any single trick.
- Do one step per night. By night seven you have a routine.

WHY SLEEP BELONGS IN YOUR TRAINING PLAN

Training only works if you recover from it. Poor sleep makes sessions feel harder, makes appetite harder to control and leaves you flat the next day. Sleep trackers have made this visible: wearable technology is the number one fitness trend in the 2026 ACSM survey of exercise professionals. Trackers are useful for spotting patterns across weeks. How rested you feel matters more than any single night's score.

THE 7 STEPS

Night	Step	What to do
1	Fix your wake-up time	Get up at the same time every day, including weekends. A regular routine is the foundation of the NHS advice.
2	Set a caffeine curfew	No tea, coffee, energy drinks or pre-workout in the last 6 hours before bed. Some people need an earlier cut-off. Caffeine affects people very differently.
3	Screens down	Avoid screens for the hour before bed. Read, stretch gently, listen to calm music or a podcast.
4	Watch the evening	Avoid alcohol and nicotine in the 1 to 2 hours before bed, and avoid large meals close to bedtime.
5	Fix the room	Make it quiet, dark and cool. Use earplugs, an eye mask or white noise if you need them.
6	Empty your head	Write down worries and tomorrow's to-do list before you get into bed.
7	The 20-minute rule	If you are still awake after about 20 minutes, get up, do something relaxing in low light, and go back when you feel sleepy. Do not lie there trying to force sleep.

Train earlier in the day if you can. Regular physical activity helps sleep, and the NHS suggests earlier in the day works best for most people.

YOUR 7-NIGHT TRACKER

Night	Bed time	Wake time	Hours slept	Energy next day (1 to 5)	Step I did
1					
2					
3					
4					
5					
6					
7					

Myth: you can catch up on a week of poor sleep at the weekend. **Better:** a steady wake-up time and a calm evening do more than one long lie-in.

When to see a doctor. If sleep problems last for weeks, or you snore loudly with pauses in breathing, or tiredness affects your driving or work, speak to your GP.

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Not medical advice. This guide is general information for healthy adults. Speak to a doctor or registered healthcare professional before changing your exercise or diet, especially if you have a medical condition, an injury, are pregnant or breastfeeding. **Sources:** NHS, Every Mind Matters: how to fall asleep faster and sleep better. NHS: insomnia (7 to 9 hours for most adults). ACSM Worldwide Survey of Fitness Trends 2026 (wearable technology ranked first). © ML Performance Coaching.