

The Power Reset Sleep Guide

Understand your sleep. Work with your body. Wake up better.

Sleep is not just “being unconscious.”

Throughout the night, your brain and body move through repeating stages of sleep. A full cycle is often around 90 minutes, but cycle length varies across the night and from person to person.



LIGHT SLEEP	Your body begins settling. Heart rate and breathing slow as you move into sleep and between deeper stages.
DEEP SLEEP	A key period for physical restoration and recovery. Deep sleep is concentrated more heavily earlier in the night.
REM SLEEP	An active stage for memory, learning and emotional processing. REM periods tend to get longer toward morning.

The goal is not perfect sleep.
It is creating conditions that make restorative sleep more likely.

Your sleep starts before bedtime.

Your daytime choices help set the stage for what happens after the lights go out.

MORNING	Get outdoor light soon after waking. Move your body. Hydrate. Eat enough to support your day.
AFTERNOON	Notice caffeine timing. Keep moving. Pay attention to stress that is accumulating instead of waiting until bedtime to address it.
EVENING	Lower stimulation. Create a predictable wind-down signal. When possible, give your body time between a heavy meal and bed.
NIGHT	Think cool, dark and quiet. Give yourself enough opportunity to sleep. You can support sleep - you cannot force it.

A simple rhythm to experiment with

WAKE	LIGHT	MOVE	WIND DOWN	SLEEP
consistent-ish	outdoor morning light	some daily movement	lower stimulation	cool + dark + quiet

Start with one change. More rules do not automatically create better sleep. A small, repeatable experiment gives you useful information about what supports your body.

“Why am I awake at 3 AM?”

Waking during the night does not automatically mean something is wrong.

People naturally move toward lighter sleep between cycles and may briefly wake without remembering it. The more useful question is whether waking is frequent, prolonged, or leaving you consistently unrested.

I woke up and went back to sleep.	I am awake often or for a long time.
A brief awakening may simply happen as you move between sleep stages. It may not need to become a problem to solve.	Get curious about patterns: heat, stress, pain, bathroom trips, snoring or breathing changes, hunger, medication timing, alcohol, caffeine or stimulation.

DON'T ASK	ASK INSTEAD
“What’s wrong with me?”	“What’s interrupting my sleep?”

Things worth noticing

■ Caffeine timing	■ Alcohol	■ Room temperature
■ Stress / racing thoughts	■ Hormonal symptoms	■ Pain or discomfort
■ Hunger	■ Bathroom trips	■ Snoring / breathing changes
■ Medication timing	■ Screens / stimulation	■ Bedtime and wake-time consistency

This list is for pattern recognition, not self-diagnosis. Persistent insomnia, loud snoring or gasping, significant daytime sleepiness, or other concerning symptoms deserve a conversation with a qualified healthcare professional.

Build Your Sleep Reset

Experiment with your own body. One change. Seven days. Notice what happens.

THIS WEEK, I NOTICE:

ONE THING I WANT TO EXPERIMENT WITH:

FOR THE NEXT 7 DAYS, I WILL:

Morning check-in

DAY	SLEEP QUALITY	MORNING ENERGY	HOW RESTORED?	WHAT CHANGED?
1	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
2	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
3	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
4	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
6	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
7	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

Sleep isn't a performance.

You do not need another thing to be “good at.” Learn your patterns. Support your biology. Make one change. Notice what happens.

Your body is giving you information. Get curious.

A note from Power Reset Path: This guide is for education and self-reflection and is not a substitute for individualized medical care. Sleep problems can have many causes. If sleep difficulties are persistent, severe, or affecting your safety or daily function, talk with a qualified healthcare professional.