

The Sunday Reset

A small planning ritual. No perfect-life checklist.

One thing I would like to make room for

What is already fixed this week?

What can wait, or come off the list?

What support would make this easier?

A softer landing

Planning prompts, not a treatment for sleep problems.

Choose one manageable evening intention. Skip what does not help.

NHLBI guidance discusses regular timing and a cool, quiet, dark room.

Something I can realistically adjust in my evening

One thing to prepare for tomorrow

One thing that can wait until tomorrow

An honest little review

Use after a week, or whenever you want to revisit the plan.

What helped?

What should I change or stop doing?

One small intention for the next week

Sources & limits

Keep this as useful stationery, not another rulebook.

These are original editorial worksheets, not validated clinical tools.

The checklist is not an insomnia treatment or a health assessment.

For persistent sleep problems or daytime difficulties, seek qualified care.

We have not tested whether this checklist changes sleep or wellbeing.

A routine cannot remove every practical, health or social constraint.

Use only the pages that help. No purchase or signup is required.

NHLBI: healthy sleep habits and treatment

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