

The Sleep **EXPERTS**



7 Night Sleep Reset

Seven evidence-based changes. One per night.
Most people feel the difference by night three.

SLEEP

ABOUT THIS GUIDE

Before you
START

This guide is not about a dramatic lifestyle overhaul. It is seven specific, evidence-based changes introduced one at a time over seven nights. Each has a credible mechanism of action. Most are free. None require a prescription.

We introduce one change per night deliberately. Sleep is sensitive to disruption and novelty. Making all seven changes simultaneously makes it impossible to identify what worked. One change at a time lets your nervous system adapt and lets you discover exactly which adjustments make the biggest difference for you.


Most people notice a difference by night three.

By night seven, the majority of readers report measurable improvements in how quickly they fall asleep, how often they wake, and how rested they feel in the morning. These changes work individually. They work even better as a complete system.

HOW THIS GUIDE IS STRUCTURED

Night 1	Add sleep sound - Sounds for Sleep by littleONES, brown noise, white noise
Night 2	Set your wake time and bedtime - the circadian foundation
Night 3	Create complete darkness - blackout blinds, sleep masks, melatonin science
Night 4	Cool the room - temperature, natural fibre bedding, weighted blankets
Night 5	The pre-bed shower - core temperature shift, timing, dim light
Night 6	Dim the lights and ditch screens - red light, blue light, melatonin
Night 7	The wind-down ritual - magnesium, L-theanine, reading, calm

Night



Add the
SOUND

The easiest change you can make tonight. Start it before you sleep.

<p>50-65dB</p> <p>recommended bedside volume</p>	<p>2-3 nights</p> <p>typical adaptation period</p>	<p>1M+</p> <p>monthly streams of littleONES brown noise on Amazon</p>
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WHY YOUR BRAIN NEEDS AN AUDITORY FLOOR



Your auditory cortex does not fully switch off during sleep. Your brain continues monitoring the environment for potential threats, which is why a sudden sound can wake you even from deep sleep. What disrupts sleep is not sound itself but sudden change in sound. A car alarm against a quiet background is highly disruptive. The same alarm against consistent background noise is significantly less so. Consistent background sound creates an auditory floor that reduces the contrast of sudden sounds, making them less likely to cause arousal. Brown noise, weighted toward lower frequencies, is additionally calming for the nervous system and the most comfortable type for sustained all-night listening [15].

Tonight's change

Tonight you start playing *Sounds for Sleep* by littleONES. Begin with the brown noise track. Start at a lower volume than you think you need. A quiet, barely-there presence is enough to create the auditory floor. Over the next few nights you can gradually increase the volume until it feels like a comfortable, natural part of the room. Set it to play for the full duration of your sleep. If possible, use a dedicated speaker rather than your phone. Keeping a screen-free sound source in the room is significantly better than a phone on the nightstand.

WHY LITTLEONES SOUNDS FOR SLEEP

The Sleep Experts began as a paediatric sleep platform (Little Ones) in 2015. Over nearly a decade helping families get their babies and children sleeping, we developed a deep understanding of the neuroscience of sound and sleep. In 2019 we released *Sounds for Sleep*, a purpose-designed sleep audio album for adult listeners. The brown noise track has since become one of the most streamed sleep sounds on Amazon Music, with over one million streams per month. It is available free on every major platform.

Listen to Sounds for Sleep by littleONES

[Amazon Music](#)

[Spotify](#)

[Apple Music](#)

[YouTube Music](#)

WHAT TO EXPECT



Some people find the sound slightly unusual on the first night. This is normal and resolves within two to three nights. By night five or six, the vast majority of people find they sleep noticeably less well without it.

RECOMMENDED PRODUCTS

SMART SPEAKER

[Shop now](#)

Amazon Echo Dot (5th Gen)

The best dedicated device for running sleep sounds all night. No screen. Compact. Good bedroom audio. Keeps your phone out of the room, which matters enormously for your sleep quality.

HARD TRUTH

Using your phone to play sleep sounds is the least effective approach. The screen keeps your brain in a low-level alert state, notifications interrupt the audio, and the phone remains in the room as a psychological distraction. A dedicated screenless speaker changes this completely.

Night

Set your

WAKE TIME

The single most powerful structural change for your sleep.

7-9 hrs

recommended sleep for adults nightly

90 mins

one complete sleep cycle

3 days

minimum to feel circadian stabilisation

WHY WAKE TIME MATTERS MORE THAN BEDTIME



Your circadian rhythm is anchored primarily by your wake time, not your bedtime. A consistent wake time builds sleep pressure steadily throughout the day, so that by the time you get into bed your body is genuinely ready to sleep [2]. Irregular wake times, including weekend lie-ins, fragment this rhythm and create a form of self-imposed social jet lag. The knock-on effect is felt as tiredness that no amount of caffeine fully resolves, and difficulty falling asleep despite feeling exhausted. Setting both a consistent wake time and a target bedtime gives your circadian clock the two anchors it needs to function properly.

Tonight's change

Decide on a wake time and a bedtime today. Your bedtime should give you 7.5 to 9 hours in bed; work backwards from your wake time. Set the wake time as a non-negotiable alarm and commit to it for the next 30 days, including weekends. These two numbers are the structural foundation of everything else in this guide. Without consistent timing, the other changes are significantly less effective.

WHAT TO EXPECT




The first few days may feel no different. The effects of consistent wake timing accumulate over days, not hours. Do not abandon it after one difficult morning.

HARD TRUTH

A two-hour lie-in on the weekend shifts your body clock by roughly the equivalent of flying from London to Dubai. You then spend the first half of the week recovering. Consistent wake time is not a sacrifice. It is the most effective sleep improvement available to you, and it costs nothing.

Night



Create

DARKNESS

Even small amounts of light suppress melatonin. Your room is probably not dark enough.

<p style="font-size: 1.5em; font-weight: bold;">1 lux</p> <p style="font-size: 0.8em;">light level that measurably suppresses melatonin</p>	<p style="font-size: 1.5em; font-weight: bold;">90 mins</p> <p style="font-size: 0.8em;">average melatonin delay from bright evening light [16]</p>	<p style="font-size: 1.5em; font-weight: bold;">20%</p> <p style="font-size: 0.8em;">REM reduction linked to light exposure during sleep</p>
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LIGHT IS THE MOST POWERFUL SIGNAL TO YOUR CIRCADIAN CLOCK



Melatonin, the hormone that signals to your body that it is time to sleep, is suppressed by light exposure, particularly blue-spectrum light. Even low-level light during sleep, including standby LEDs on devices, streetlight filtering around curtains, and the glow of a phone charger, suppresses melatonin and shifts sleep architecture toward lighter stages [16]. A 2019 study found that sleeping in a room with moderate light exposure was associated with increased heart rate and reduced REM sleep. Critically, your skin, not just your eyes, contains photoreceptors that respond to light, meaning that light reaching your body during sleep has a physiological effect even when your eyes are closed [2].

Tonight's change

Make your bedroom as close to completely dark as possible. Cover or turn away every LED standby light. Use black electrical tape on device indicators. Address any light coming under or around curtains. If complete blackout is not achievable with your current window coverings, a contoured sleep mask is the most effective immediate solution. A contoured mask that sits away from the eyelids is far more comfortable for a full night than a flat mask and blocks light completely. For a permanent solution, blackout blinds with side channels that prevent light around the edges are one of the highest-return investments you can make in your sleep.

WHAT TO EXPECT



If your room has been lighter than you realised, many people notice a difference on the first night. Improved REM sleep often manifests as more vivid dreams and feeling more emotionally rested in the morning.

RECOMMENDED PRODUCTS

ENVIRONMENT

Shop now

Blackout Blinds or Curtain Liners

The most effective long-term solution for light control. Blackout liners can be added to existing curtains. Look for a full blackout rating with side channels to prevent light ingress around the edges.

ENVIRONMENT

[Shop now](#)


Contoured Blackout Sleep Mask

Full blackout without pressure on the eyelids or lashes. Significantly more comfortable than flat masks for a full night of wear. Also the most practical solution for travel.

HARD TRUTH

The blue LED on your Echo Dot, your television standby light, and the glow of a phone charger can each independently be enough to affect your sleep architecture and reduce time in deep sleep. They cost nothing to cover. Cover them tonight.

Night



Cool the ROOM

Your body temperature must drop to fall asleep. Most bedrooms fight this.

<p style="font-size: 1.5em; font-weight: bold;">16-19C / 61-66F</p> <p>optimal sleep temperature</p>	<p style="font-size: 1.5em; font-weight: bold;">1-2C / 2-3F</p> <p>core temp drop for sleep onset</p>	<p style="font-size: 1.5em; font-weight: bold;">5C / 9F</p> <p>typical gap from optimal in heated winter bedrooms</p>
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TEMPERATURE IS A PHYSIOLOGICAL REQUIREMENT, NOT A PREFERENCE



Your core body temperature must decrease by approximately 1 to 2 degrees Celsius (2 to 3 degrees Fahrenheit) to initiate and maintain sleep. This is not a comfort preference. It is a biological requirement. The drop is driven by vasodilation in the hands and feet, which releases heat from the core. If your bedroom is too warm, this process cannot complete, leading to longer sleep onset, more frequent arousal during the night, and significantly reduced time in deep slow-wave sleep, the stage where physical repair and growth hormone release occur [8]. The research-supported optimal range is 16 to 19 degrees Celsius (61 to 66 degrees Fahrenheit). The average centrally-heated bedroom in winter runs 2 to 7 degrees Celsius above this.

Tonight's change

Lower your bedroom temperature to between 16 and 19 degrees Celsius (61 to 66 degrees Fahrenheit) tonight. Open a window, reduce bedding weight, or use a fan for air circulation. Review what your bedding is made from: synthetic fibres trap heat and moisture against the skin, disrupting the temperature regulation your body needs overnight. Natural fibres, cotton, linen, bamboo, breathe significantly better and help your body maintain the cool sleeping temperature it needs. A weighted blanket in a breathable natural fibre is worth considering too: the gentle even pressure activates the parasympathetic nervous system via deep pressure stimulation, reducing cortisol and promoting a sense of safety that supports sleep onset, without the heat retention of synthetic-fill alternatives.

WHAT TO EXPECT



Many people notice a meaningful difference on the first night. Falling asleep faster and waking less frequently are the most commonly reported effects.

RECOMMENDED PRODUCTS

ENVIRONMENT

[Shop now](#)

Bedroom Thermometer

You cannot optimise what you cannot measure. A simple thermometer reveals whether temperature is contributing to your sleep problems. Aim for 16-19C (61-66F). Most people are surprised by how warm their bedroom actually runs.

BEDDING

[Shop now](#)**100% Cotton or Linen Duvet Cover Set**

Natural fibres regulate temperature significantly better than synthetic alternatives. Cotton and linen are breathable and moisture-wicking, helping your body maintain the cool skin temperature needed for deep sleep.

BEDDING

[Shop now](#)**Weighted Blanket (Cotton Fill)**

Deep pressure stimulation activates the parasympathetic nervous system. Reduces cortisol and promotes the sense of safety that supports sleep onset. Choose a breathable cotton-filled option to avoid heat retention.

HARD TRUTH

Synthetic bedding is one of the most overlooked contributors to poor sleep. Polyester traps heat and moisture, creating the warm, humid microclimate that prevents your body from completing the temperature drop it needs for deep sleep. Switching to natural fibres is permanent and passive. You benefit every single night without doing anything.

Night

5

Take a SHOWER

One of the most underrated sleep interventions in the scientific literature.

60-90 mins

optimal window before bed

40-42C / 104-108F

optimal water temperature

10+ mins

minimum for the temperature effect

THE WARM SHOWER PARADOX

Taking a warm shower or bath 60 to 90 minutes before bed sounds counterproductive. The opposite is true. Warm water draws blood to the skin surface via vasodilation. When you step out of the shower, that blood, now close to the skin, radiates heat rapidly into the cooler air. Your core body temperature drops faster than it would have without the shower, directly accelerating the physiological process that triggers sleep onset [9]. A 2019 meta-analysis in Sleep Medicine Reviews analysed 17 studies and confirmed that warm water bathing 1 to 2 hours before bed significantly improved both sleep onset latency and subjective sleep quality, with an optimal water temperature of 40 to 42.5 degrees Celsius (104 to 108 degrees Fahrenheit) [9]. This compounds the effect of the cooled bedroom from Night 4.

Tonight's change

Take a warm shower or bath 60 to 90 minutes before your bedtime tonight. Water temperature of around 40 to 42 degrees Celsius (104 to 108 degrees Fahrenheit) for at least 10 minutes. Shower in dim or warm light, ideally a lamp rather than overhead lighting, so you are already beginning the light wind-down before you even get out. When you finish, step into a dimly lit room and allow your body to continue cooling naturally. Do not immediately enter a bright or warm space. By the time you get into bed, your core temperature will have dropped significantly and your body will be in an optimal physiological state for sleep onset. Make sure your sleep sounds are already playing and your room is dark and cool.

WHAT TO EXPECT

Most people notice faster sleep onset on the first night they implement this deliberately. It is one of the most immediately effective single changes in this guide.

HARD TRUTH

The research on pre-bed bathing is more consistent than the research on most sleep supplements. A warm shower 60 to 90 minutes before bed has been shown in multiple controlled trials to improve sleep onset. It is free, takes ten minutes, and almost nobody does it deliberately. Start tonight.

Night

6

Dim the lights,

DITCH SCREENS

Blue light delays melatonin by up to 90 minutes. Every evening. Without you realising.

<p style="font-size: 24px; margin: 0;">90 mins</p> <p style="font-size: 12px; margin: 0;">average melatonin delay from evening bright light [16]</p>	<p style="font-size: 24px; margin: 0;">3 hrs</p> <p style="font-size: 12px; margin: 0;">duration of blue light suppression after screen use [10]</p>	<p style="font-size: 24px; margin: 0;">10,000 lux</p> <p style="font-size: 12px; margin: 0;">morning light needed to anchor the circadian clock [11]</p>
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EVENING LIGHT IS REPROGRAMMING YOUR BODY CLOCK EVERY NIGHT



Your circadian clock is set by light. Morning bright light anchors the clock and starts the countdown to sleep. Evening light, particularly blue-spectrum light from screens and LED overhead lighting, sends the opposite signal, suppressing melatonin and pushing your clock later [10, 16]. The average adult is exposed to bright overhead lighting and screen light until 10 or 11pm, then wonders why they cannot fall asleep at 10:30. The answer is that their body clock has been told, repeatedly every evening, that it is still mid-afternoon. A 2015 study in the Proceedings of the National Academy of Sciences found that reading on a light-emitting device before bed delayed melatonin onset by an average of 90 minutes and reduced next-morning alertness compared to reading a printed book [10]. Red light is the least disruptive wavelength to melatonin production. Switching lamps to red bulbs in the evening, particularly any lamp you read by, is one of the most practical and evidence-aligned changes you can make to your evening light environment.

Tonight's change

From 90 minutes before your bedtime, dim all overhead lights and switch to warm, low lamps. If you have red bulbs available, use them: red light is the safest wavelength for evening use and has the least impact on melatonin. Put your phone, tablet and television away at least 60 minutes before bed. In another room, not face down. If you read before bed, read a physical book under a red or very warm dim lamp rather than an e-reader or a bright white bulb. Reading a physical book before sleep is one of the best wind-down activities available: it shifts attention away from the day, reduces cortisol, and occupies the mind without stimulating it. If screens are unavoidable in the evening, use a blue light filter at maximum strength and reduce screen brightness significantly.

SLEEP SOUNDS

By night six your sleep sounds, darkness, temperature, shower and light management are all in place. Each compounds the others. The auditory environment from Night 1 is now one part of a complete, layered sleep system.

Listen to Sounds for Sleep by littleONES

[Amazon Music](#)

[Spotify](#)

[Apple Music](#)

[YouTube Music](#)

WHAT TO EXPECT



Within three to four nights of consistent implementation you may notice that you feel genuinely sleepy at your target bedtime. For many people this has not happened in years. That is melatonin rising at the correct time.

RECOMMENDED PRODUCTS

LIGHTING

[Shop now](#)**Red Light Bulbs for Evening Lamps**

Red wavelength light has minimal impact on melatonin production. Swap one or two lamps in your main living area and bedroom to red bulbs. Ideal for evening reading. A simple, inexpensive and permanent change to your sleep environment.

LIGHTING

[Shop now](#)**Smart Bulbs with Warm Dimming**

Programmable smart bulbs that shift to warm amber or red light in the evening and dim automatically on a schedule. Set them to begin dimming 90 minutes before your bedtime. Removes the friction of manually managing lighting every evening.

WELLNESS

[Shop now](#)**Blue Light Blocking Glasses**

Amber-lens glasses that filter blue-spectrum light from screens and overhead LEDs. Wear them from 90 minutes before bed when avoiding screens is not practical.

HARD TRUTH

Night mode on your phone reduces blue light output by approximately 10 to 20 percent. It is not a meaningful solution. It exists to make you feel better about using your phone at night, not to actually protect your sleep. Distance and complete avoidance are the only approaches that produce a real effect.

Night



The wind-down

RITUAL

Supplements, calm, and a deliberate transition from day to sleep.

<p>200-400mg</p> <p>magnesium glycinate dose for sleep [12]</p>	<p>100-200mg</p> <p>L-theanine dose for sleep onset [14]</p>	<p>60 mins</p> <p>minimum wind-down window before bed</p>
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SLEEP IS NOT A SWITCH. IT IS A LANDING.



Your nervous system cannot transition from full daytime activation to deep restorative sleep instantaneously. It needs a runway. The wind-down period, the 60 to 90 minutes before bed during which you deliberately reduce stimulation, take your sleep supplements, and engage in calming activity, is the physiological bridge from sympathetic nervous system dominance to the parasympathetic state that sleep requires. Magnesium glycinate supports this transition by activating GABA receptors, the brain's primary inhibitory system, calming neural activity and supporting the nervous system's shift toward rest [12, 13]. L-theanine promotes alpha brain wave activity, the calm, focused state associated with meditation and the early stages of sleep onset, without causing sedation or next-day grogginess [14]. Together they create neurological conditions that make the wind-down more effective and sleep onset smoother.

The complete wind-down protocol

90 minutes before bed: begin dimming lights, switch to red or warm lamps. 60 minutes before bed: take 200 to 400mg magnesium glycinate and 100 to 200mg L-theanine. Put your phone in another room. Make sure your sleep sounds are playing. Then choose one calming activity: read a physical book under a dim warm or red lamp, listen to meditative or purely instrumental music, or do a simple breathing exercise or body scan. These activities shift your nervous system toward parasympathetic dominance without requiring an app, a screen, or a subscription. 30 minutes before bed: your warm shower, in dim light. Into bed: dark room, cool temperature, sleep sounds playing, phone absent, supplements beginning to work. This is the complete system.

SLEEP SOUNDS

The sleep sounds you started on Night 1 should now be a fixed part of every night. Play them from the moment you begin your wind-down. Over time the sound itself becomes a conditioned sleep trigger, your nervous system begins associating it with the transition to sleep, making it progressively easier to fall asleep when you hear it.

Listen to Sounds for Sleep by littleONES

[Amazon Music](#)

[Spotify](#)

[Apple Music](#)

[YouTube Music](#)

WHAT TO EXPECT



For many people, Night 7 is when everything clicks. Not because of any single change but because all seven elements are working together as a system. The nights that follow should feel qualitatively different from where you started.

RECOMMENDED PRODUCTS

SUPPLEMENT

[Shop now](#)**Magnesium Glycinate Capsules**

The most bioavailable form of magnesium for sleep. Activates GABA receptors to calm neural activity. Take 200-400mg, 60 minutes before bed. The label must say glycinate or bisglycinate specifically. Magnesium oxide, the most commonly sold form, has only 4 percent bioavailability and will produce no effect.

SUPPLEMENT

[Shop now](#)**Magnesium Body Spray**

Transdermal alternative for those with sensitive digestion. Apply to legs or abdomen 30-45 minutes before bed. Absorbs through the skin and bypasses the digestive system entirely.

SUPPLEMENT

[Shop now](#)**L-Theanine**

Promotes relaxation and alpha brain wave activity without sedation or next-day grogginess. 100-200mg taken 60 minutes before bed. Pairs well with magnesium glycinate as a wind-down supplement protocol.

HARD TRUTH

Most adults have no wind-down period. They go from screens, stimulation, and stress to expecting sleep within minutes. The nervous system does not work this way. A 60-minute wind-down is not a luxury. It is the physiological runway that sleep requires. The supplements support it. The habits create it.

LITTLEONES

Sounds for SLEEP

Sounds for Sleep by littleONES is available free on every major streaming platform. Start with brown noise. It is the most comfortable for all-night listening, the most effective for nervous system calming, and the track that has accumulated over one million monthly streams on Amazon Music alone.

Amazon Music

[Open](#)

Available via the Amazon Music app or any Alexa-enabled device. No additional subscription required for Prime members.

<https://music.amazon.com/albums/B07VGLJQ68>

Spotify

[Open](#)

Free tier supported. Search 'Sounds for Sleep littleONES' or use the direct link below.

<https://open.spotify.com/album/3VTSfqgppa6XvwWy51qgHq>

Apple Music

[Open](#)

Search 'Sounds for Sleep EP littleONES' or use the direct link below.

<https://music.apple.com/us/album/sounds-for-sleep-ep/1473262871>

YouTube Music

[Open](#)

Free to access on YouTube Music. Works on smart TVs and any device with YouTube.

https://music.youtube.com/playlist?list=OLAK5uy_kR1mcsEDu20fe2aRpARIW7dpiF9IXIa0M

Start **TONIGHT.**

Sleep is not the passive absence of wakefulness. It is an active, complex biological process on which every other aspect of your health depends. You have seven nights of targeted, evidence-based changes. The system works. Keep going.

SOURCES

Referenced RESEARCH

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