My 7-Night Sleep Reset

Trendmebeauty | A simple one-week at-home sleep retreat

Night 1	**Clear the room.** Remove visual clutter around your bed and charge unnecessary devices somewhere else.
Night 2	**Make it darker.** Close curtains, cover bright electronics and try a sleep mask if needed.
Night 3	**Make it quieter.** Try earplugs, a fan or low white noise if outside sound bothers you.
Night 4	**Create a wind-down ritual.** Try showering, skincare, gentle stretching, reading or journaling.
Night 5	**Replace scrolling with something slower.** Try a paperback, puzzle, journal or relaxing music.
Night 6	**Protect your morning.** Give yourself natural light, water and a few quiet minutes before notifications.
Night 7	**Keep what worked.** Choose two or three habits that genuinely made evenings easier.

What worked best for me?

Habits I want to keep

- ☐ Earlier wind-down time
- ☐ Reading before bed
- ☐ Darker bedroom
- ☐ Morning sunlight
- ☐ Less nighttime scrolling
- ☐ Consistent bedtime
- ☐ Quieter bedroom
- ☐ Gentle evening skincare