

Sleep Hygiene Reset Planner (Preview)

A structured 2-week plan, not just a tips list.

Week 1: Build the Foundation

Set a consistent wake time (the anchor for your whole sleep schedule), cut caffeine after 2pm, and establish a wind-down routine starting 30 minutes before bed.

Get the Full Kit

Get the full version with all rows, formulas, and bonuses at daveways.com

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