



A FREE GUIDE · NO FLUFF, JUST SLEEP

The Quiet Hours

A short, science-grounded guide to falling asleep faster, staying asleep, and waking up like you mean it.

READ TONIGHT · SLEEP TONIGHT

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Everything on one page

You're Not Broken. You're Just Under-Slept.

Most sleep advice online falls into two camps: a 40-page medical textbook, or an app trying to sell you a subscription. This is neither.

This guide is short on purpose. Every chapter is something you can act on tonight — not someday, not "when things calm down." Sleep isn't a talent some people have and others don't. It's a set of conditions. Fix enough of them, and sleep mostly takes care of itself.

You won't find complicated protocols here. Just the handful of things that consistently move the needle, explained plainly, with nothing you need to buy.



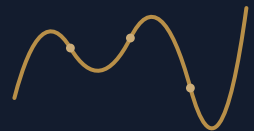
HOW TO USE THIS BOOK

Read it once, start to finish — it takes about fifteen minutes. Then keep it nearby and revisit one chapter at a time as you build new habits.

CHAPTER 01

The Sleep Cycle, Explained Simply

What's actually happening in your brain during the 7-9 hours you're not around to see it.



Sleep Comes in Waves, Not One Long Block

Every night, your brain cycles through roughly **90-minute loops**, each one moving through light sleep, deep sleep, and REM (the dreaming stage). You'll pass through 4-6 of these cycles a night.



Deep sleep — mostly in the first half of the night — is when your body repairs tissue and restocks energy. **REM sleep** — heavier in the second half — is when your brain files memories and processes emotion. You need both, in full cycles.

This is why waking up mid-cycle (say, an alarm at a random hour) leaves you groggy, even after 8 hours — and why a full but interrupted night can feel worse than a slightly shorter, uninterrupted one.



THE TAKEAWAY

Consistency beats duration. Going to bed and waking at the same time daily — weekends included — matters more than chasing an extra hour.

CHAPTER 02

The Usual Suspects

Six everyday habits that quietly sabotage a good night's sleep — and most people don't connect the dots.



Six Things Quietly Costing You Sleep



Late caffeine

Its half-life is ~6 hours. A 4pm coffee is still half-active at 10pm.



Screens in bed

Blue light delays melatonin — and doomscrolling delays sleep further.



Irregular timing

Shifting bedtimes confuse your body clock more than short sleep does.



A nightcap

Alcohol speeds up falling asleep but fragments sleep later in the night.



An unfinished mind

Unprocessed to-do lists resurface at 11pm as "urgent" thoughts.



A too-warm room

Your core body temperature needs to drop to initiate sleep.

You don't need to fix all six tonight. Pick the one you recognized fastest — that's usually the one costing you the most.

CHAPTER 03

Designing a Sleep Sanctuary

Your bedroom is either working for your sleep or quietly against it. Four pillars to get right.



Four Pillars of a Room Built for Rest

- ❑ **Cool.** Aim for 60–67°F (15–19°C). Your body needs to drop in temperature to fall — and stay — asleep.
- ❑ **Dark.** Even small amounts of light suppress melatonin. Blackout curtains or a sleep mask do more than most supplements.
- ❑ **Quiet — or consistently not.** Sudden noise fragments sleep more than constant background sound. A fan or white noise machine can help mask spikes.
- ❑ **Bed = sleep only.** Not work, not scrolling, not eating. The goal is for your brain to associate the bed with one thing.



CAN'T FALL ASLEEP AFTER 20 MINUTES?

Get up, do something dim and boring in another room, and come back when you feel drowsy. Lying awake trains your brain to associate bed with wakefulness.

CHAPTER 04

The Wind-Down Ritual

A simple, repeatable 60-minute sequence that signals to your brain: it's time.



The 60 / 30 / 10 Rule

Three checkpoints before lights-out. No app required.



60 minutes before — dim it down

Lower the lights around the house. Bright overhead light tells your brain it's still daytime.



30 minutes before — phones down

Charge it outside the bedroom if you can. Swap the scroll for a book, stretching, or a warm shower.



10 minutes before — empty your head

Jot down tomorrow's to-dos or lingering worries on paper. Getting them out of your head is often enough to quiet them.

CHAPTER 05

What You Eat & Drink — and When

Timing beats willpower. A few small shifts make a bigger difference than cutting anything out entirely.



Small Timing Shifts, Bigger Payoff

- ❑ **Cut caffeine by early afternoon.** Roughly 8 hours before bed is a safe rule of thumb.
- ❑ **Treat alcohol as a sedative, not a sleep aid.** It helps you fall asleep, then wakes you up 3-4 hours later. If you drink, do it earlier in the evening.
- ❑ **Stop heavy meals 2-3 hours before bed.** Digestion raises your core temperature right when it needs to drop.
- ❑ **A light snack is fine.** Going to bed genuinely hungry disrupts sleep too — a small snack with protein or complex carbs is okay.
- ❑ **Hydrate earlier in the day.** Front-load water intake so you're not up for 2am bathroom trips.

CHAPTER 06

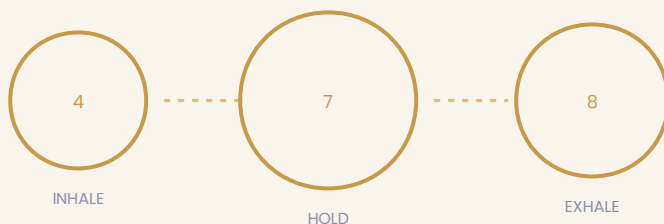
Taming a Racing Mind

For the nights your body is tired but your brain didn't get the memo.



The 4-7-8 Breath

A simple pattern that shifts your nervous system out of "alert" mode. Do 4 rounds, lying down, eyes closed.



Breathe in quietly through your nose for **4 seconds**. Hold for **7 seconds**. Exhale slowly through your mouth for **8 seconds**, making a soft whoosh. That's one round.



STILL SPIRALING? TRY A BRAIN DUMP

Keep a notepad by the bed. Write down whatever's looping — no editing, no structure. Getting it out of your head and onto paper is often the actual fix, not the breathing.

CHAPTER 07

Your 14-Night Reset

Don't overhaul everything at once. Add one small change every couple of nights.



Two Weeks, One Habit at a Time

N1-2

Fix your wake time. Same hour, every day.

N3-4

Caffeine cutoff by 2pm.

N5-6

Phone out of the bedroom.

N7-8

Room to 65°F, curtains closed.

N9-10

Start the 60-min wind-down.

N11-12

Try the 4-7-8 breath before sleep.

N13-14

Add the nightly brain dump.

By night 14 you're not doing one big overhaul — you're running an entire system, one small habit at a time.

The Quick-Reference Cheat Sheet

DO

- Same wake time, every single day
- Cool, dark, quiet room
- 60-min wind-down before bed
- Get up if you can't sleep after 20 min
- Morning sunlight within an hour of waking
- Write tomorrow's to-do list before bed

AVOID

- Caffeine after early afternoon
- Alcohol as a "sleep aid"
- Screens in the last 30 minutes
- Heavy meals within 2-3 hours of bed
- Working or scrolling in bed
- Irregular bedtimes, even on weekends



IF NOTHING HERE HELPS

Persistent insomnia, loud snoring, or daytime exhaustion despite a full night's sleep are worth raising with a doctor — this guide covers habits, not medical conditions.



**Sleep Well.
Read Again Whenever You Need To.**

This guide is free to keep, free to share, and free to return to
any time your sleep needs a reset.

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