

THE 21-DAY PLAN

7 STEPS TO A 90+ SLEEP SCORE

My why _____

Each morning, tick yesterday's steps and write the score. A new step starts every three days (gold). Missed one? Never miss two.

STEP	DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
1 Same wake time		NEW ☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2 Caffeine cut-off					NEW ☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3 Dim the last hour								NEW ☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4 Dinner 3 h before bed											NEW ☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5 A cool room														NEW ☐	☐	☐	☐	☐	☐	☐	☐	☐
6 Dry evenings																	NEW ☐	☐	☐	☐	☐	☐
7 Reishi after dinner																				NEW ☐	☐	☐
Sleep score	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Woke rested? 1-5	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

DAY 21 SCORE

DAY 0 SCORE

POINTS GAINED

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Step 7: Reishi. Two capsules or two scoops after dinner. Already have it? Start it on day 1. The 5-night test from £10: svelabs.world/pages/sleep-start

STEP CARDS · CUT ALONG THE DASHES

KEEP TONIGHT'S CARD BY THE BED

DAY 0 · MY WHY

READ THIS FIRST

On a hard evening, read it before you decide.

My why _____

For _____

I am someone who _____

My target score _____

STEP 1 · DAYS 1-3

SAME WAKE TIME

One wake time, every day, weekends included.

Start tiny: set one alarm for the same time all week, and get up with it.

e.g. When my alarm goes off, I get up and open the curtains.

When _____

I will _____

STEP 2 · DAYS 4-6

CAFFEINE CUT-OFF

Last coffee, tea, cola or energy drink about 9 hours before bed.

Start tiny: make the afternoon coffee a decaf.

e.g. When it gets to 2 pm, I switch to decaf.

When _____

I will _____

STEP 3 · DAYS 7-9

DIM THE LAST HOUR

Screens off an hour before bed. Big lights off, one low lamp on.

Start tiny: the phone charges outside the bedroom.

e.g. When I brush my teeth, the phone goes on the hall charger.

When _____

I will _____

STEP 4 · DAYS 10-12

DINNER 3 H BEFORE BED

Finish dinner about 3 hours before bed.

Start tiny: pick the time your kitchen closes, and say it out loud.

e.g. When the plates are cleared, the kitchen is closed for the night.

When _____

I will _____

STEP 5 · DAYS 13-15

A COOL ROOM

A cooler bedroom, and a warm shower 1 to 2 hours before bed.

Start tiny: turn the bedroom heating down one notch.

e.g. When I finish the washing-up, I turn the bedroom heating down.

When _____

I will _____

STEP 6 · DAYS 16-18

DRY EVENINGS

No alcohol in the evening.

Start tiny: choose your replacement drink and have it in the house.

e.g. When I would pour a glass, I pour my evening drink instead.

When _____

I will _____

STEP 7 · DAYS 19-21

REISHI AFTER DINNER

Two Reishi capsules or two scoops after dinner, the same time each evening.

Start tiny: leave the pack where you clear the plates.

e.g. When I clear the dinner plates, I take two Reishi.

When _____

I will _____