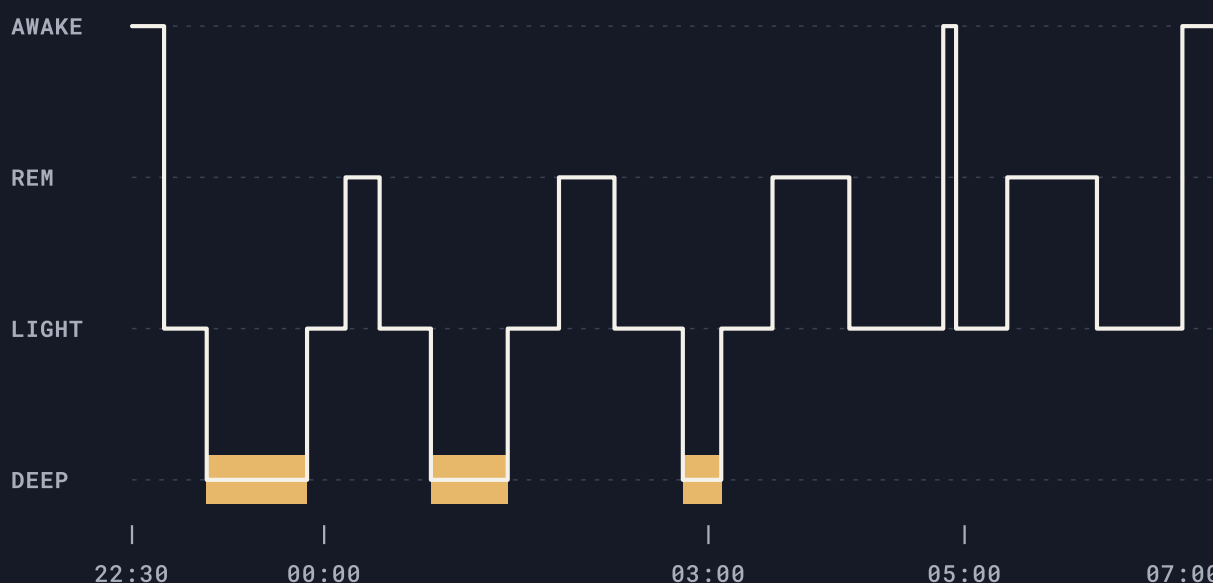


THE DEEP SLEEP GUIDE

Print it. Use it.

ONE NIGHT, AS A TRACKER DRAWS IT · DEEP SLEEP IN GOLD

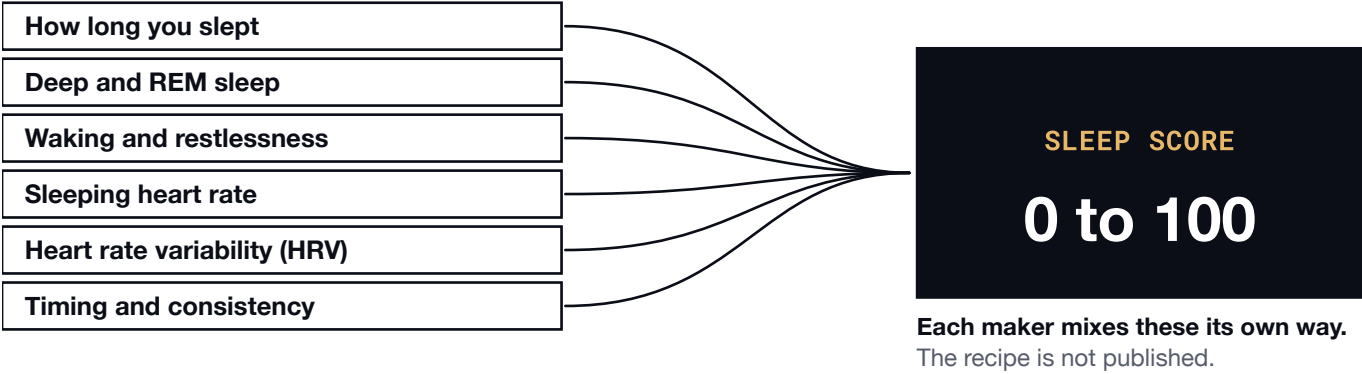


6 LEVERS · 1 EVENING ROUTINE · 1 LOG FOR NIGHTS 0 TO 5

HOW YOUR SLEEP SCORE IS MADE

Your tracker turns one night into one number. Know what goes into it and you know what you can move.

WHAT A TRACKER WEIGHS



INPUT	GARMIN	APPLE	OURA	WHOOP	FITBIT	PAGES
How long you slept	●	●	●	●	●	3, 4, 8
Deep and REM sleep	●	—	●	—	●	3, 4, 5, 7
Waking and restlessness Apple: interruptions · WHOOP: efficiency · Oura: latency	●	●	●	●	●	4, 5, 6, 7
Heart rate and HRV overnight Garmin: stress · WHOOP: sleep stress · Fitbit: heart rate	●	—	—	●	●	4
Timing and consistency Apple: 30 of its 100 points	—	●	●	●	—	5, 8

As each maker describes its sleep score, October 2026. Oura uses heart rate and HRV in its Readiness score instead. Weights are private and change with updates.

Compare you with you. Every lever on pages 3 to 8 moves at least one input. Keep the tracker the same: same device, same wrist or finger, charged before bed, all six nights. A flat battery changes the number, not your sleep.

DO THIS

TONIGHT

Night 0: change nothing. Sleep as usual and record your baseline.

Tomorrow morning, screenshot the score before your first capsule and write it in the sleep log.

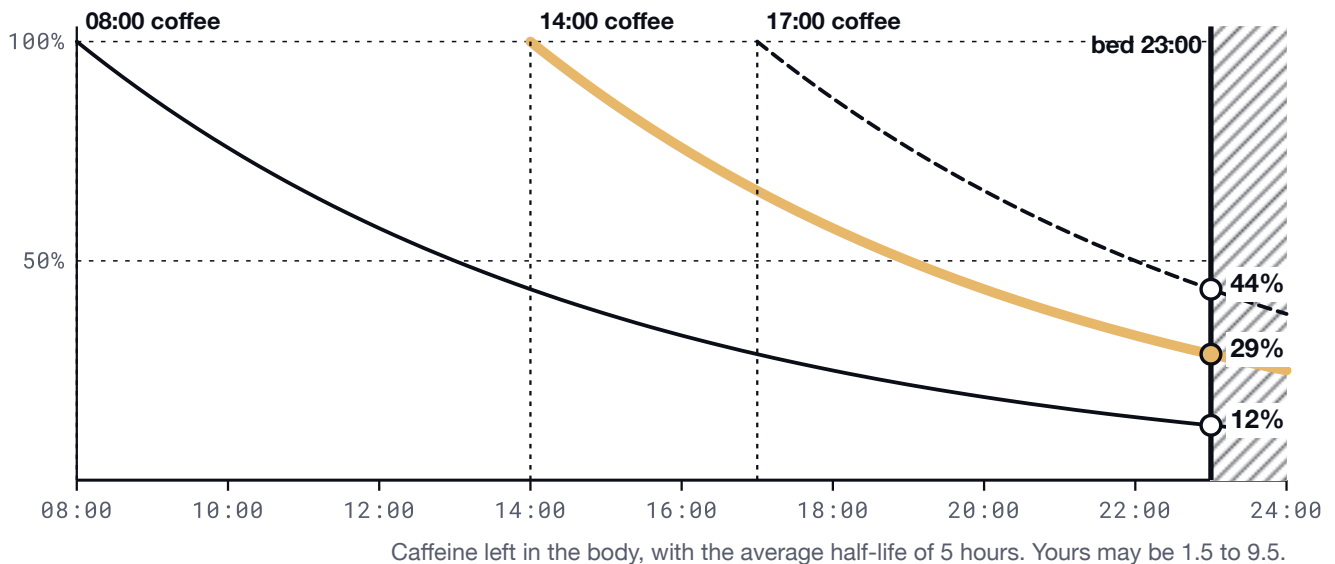
My tracker _____ Night 0 date _____

Garmin, Oura and Fitbit help pages; WHOOP Sleep Performance; AppleInsider on Apple Sleep Score. Full list on page 10.

CAFFEINE: SET A CUT-OFF

Caffeine keeps working long after the cup is empty. Half of it is still in you about five hours later, and it costs sleep you do not notice losing.

ONE COFFEE, THREE TIMES OF DAY · WHAT IS LEFT AT BEDTIME



WHY IT MOVES YOUR SCORE

- Less total sleep, so the duration input drops.
- Less deep sleep, which several trackers score.
- More time awake in the night.

WHAT THE RESEARCH FOUND

45min

less sleep, pooled across 24 studies

1h+

lost even with caffeine 6 h before bed

DO THIS

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

For an 11 pm bedtime that means nothing caffeinated after 2 pm. Decaf after that.

My bedtime _____ Last caffeine by _____

TONIGHT

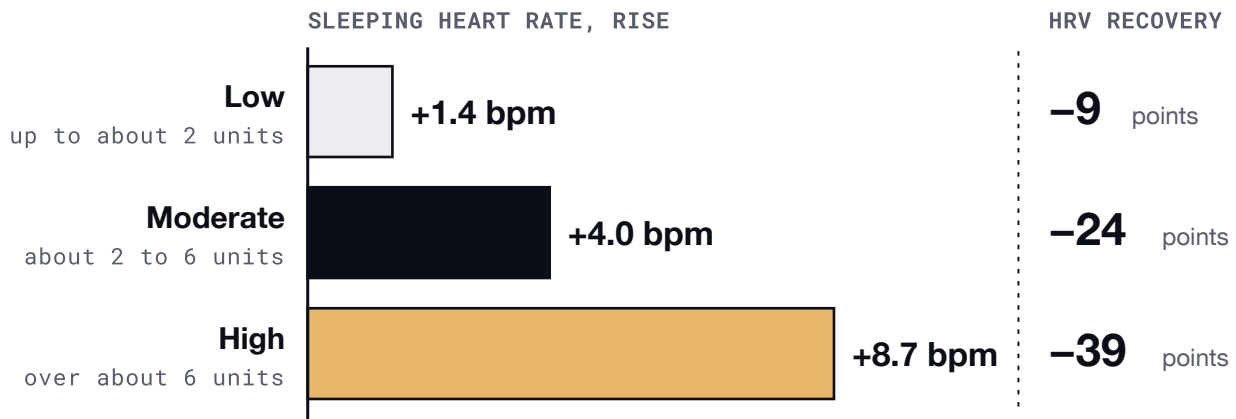
DONE ON NIGHT ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Institute of Medicine, 2001 · Drake et al., 2013, J Clin Sleep Med · Gardiner et al., 2023, Sleep Med Rev (cut-off for a 107 mg coffee: 8.8 h). Full references on page 10.

ALCOHOL: FIVE DRY NIGHTS

A drink can help you drop off. Then it takes the second half of the night back, and your heart works harder while you sleep.

THE SAME PEOPLE, NIGHTS WITH AND WITHOUT A DRINK · 4,098 EMPLOYEES



First 3 hours of sleep, against the same person's alcohol-free nights.

UK units for a 70 kg adult (0.25 and 0.75 g of alcohol per kg).

WHY IT MOVES YOUR SCORE

- A higher sleeping heart rate and lower HRV, both scored by several trackers.
- Deeper early, broken later: more waking in the second half.
- Less REM, and the first REM arrives late.

WHAT THE RESEARCH FOUND

+4.0_{bpm}

sleeping heart rate
after about 2 to 6
units

-24

points of HRV-based
recovery, same
evenings

DO THIS

No alcohol tonight, or on any of the five nights you log.

Have something you like in the glass instead: the warm cup on page 9, or a drink you save for these evenings.

Instead, I will drink _____

TONIGHT

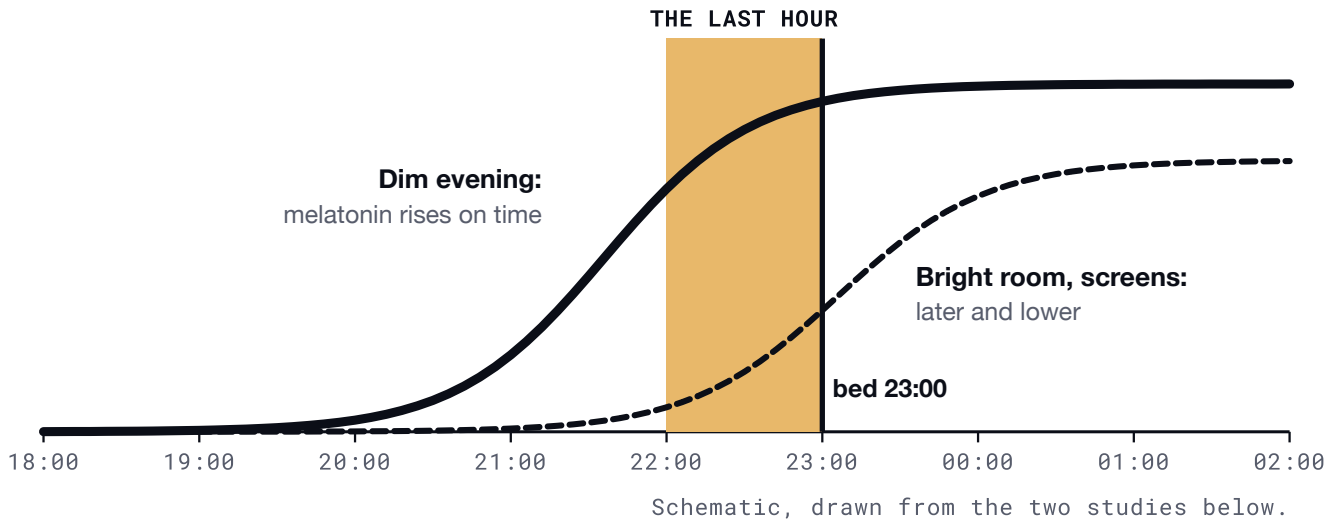
DONE ON NIGHT ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Ebrahim et al., 2013, Alcoholism: Clinical and Experimental Research · Pietilä et al., 2018, JMIR Mental Health. Full references on page 10.

LIGHT: DIM THE LAST HOUR

Melatonin is the body's signal that night has started. Evening light, from lamps and from screens held close to the face, pushes that signal later.

MELATONIN THROUGH THE EVENING · DIM LIGHT AGAINST BRIGHT



WHY IT MOVES YOUR SCORE

- Longer to fall asleep, which counts as waking time.
- Less REM sleep in the night.
- A later body clock, which pulls against a fixed bedtime.

WHAT THE RESEARCH FOUND

99%

of 116 adults: room light delayed melatonin

10_{min}

longer to fall asleep after reading on a tablet

DO THIS

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

Charge the phone outside the bedroom. Read a paper book, or listen to something with the screen dark.

Screens off at _____ Phone charges in _____

TONIGHT

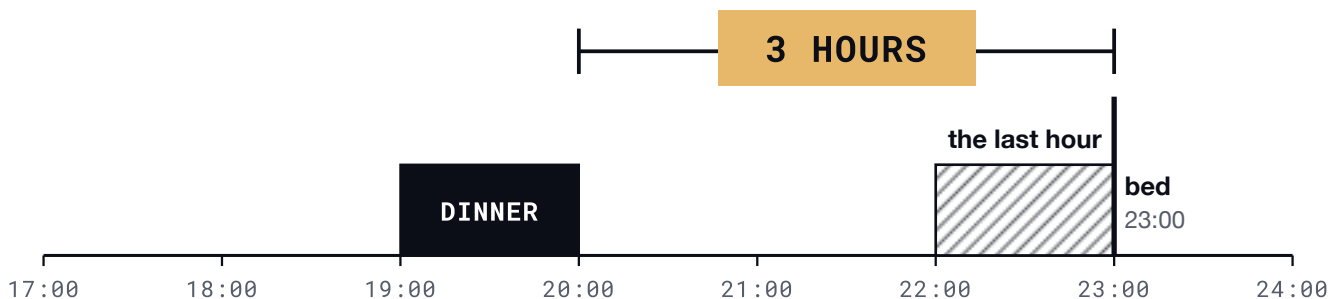
DONE ON NIGHT ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Gooley et al., 2011, J Clin Endocrinol Metab · Chang et al., 2015, PNAS. Full references on page 10.

DINNER: FINISH EARLY

A big meal keeps your body busy when it should be winding down. The research is thinner here than for caffeine or alcohol, and what there is says: leave a gap.

AN EVENING WITH ROOM TO DIGEST



Eating or drinking here went with about twice the odds of 30+ minutes awake in the night

WHY IT MOVES YOUR SCORE

- More waking in the night, which trackers count as interruptions or restlessness.
- The link comes from a survey, not a trial. Treat it as a sensible rule, not a law.

WHAT THE RESEARCH FOUND

124,239

people in a US time-use survey

≈2×

the odds of long night waking after eating in the last hour

DO THIS

Finish dinner about 3 hours before bed.

Hungry later? Keep it small and plain. Three hours is our rule of thumb: it keeps you well clear of the last hour.

Dinner finished by _____

DONE ON NIGHT

☐

1

☐

2

☐

3

☐

4

☐

5

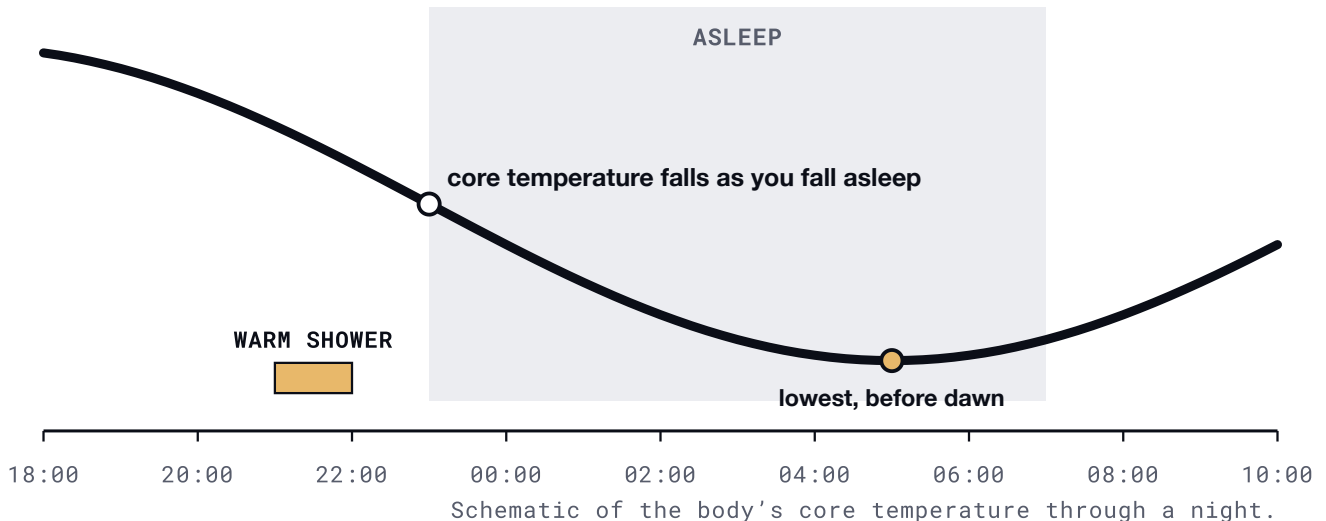
TONIGHT

Iao et al., 2022, British Journal of Nutrition. Observational: it shows a link, not a cause. Full reference on page 10.

TEMPERATURE: A COOL ROOM

To fall asleep and stay deeply asleep, your body sheds heat. A warm room under a duvet works against it.

YOUR CORE TEMPERATURE THROUGH THE NIGHT



WHY IT MOVES YOUR SCORE

- A warm bedroom brings more waking.
- It also cuts deep sleep and REM, two inputs many trackers weigh.
- A warm shower earlier helps the body start to cool.

WHAT THE RESEARCH FOUND

1–2_h

before bed: a warm shower or bath, 40 to 42.5 °C

10_{min}

in the water was enough to fall asleep sooner

DO THIS

Cool the bedroom before you go up.

Heating down an hour before bed, a window open a crack, a lighter duvet if you wake warm.

Heating down at _____ Shower at _____

TONIGHT

DONE ON NIGHT ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Okamoto-Mizuno & Mizuno, 2012, J Physiol Anthropol · Haghayegh et al., 2019, Sleep Med Rev. Full references on page 10.

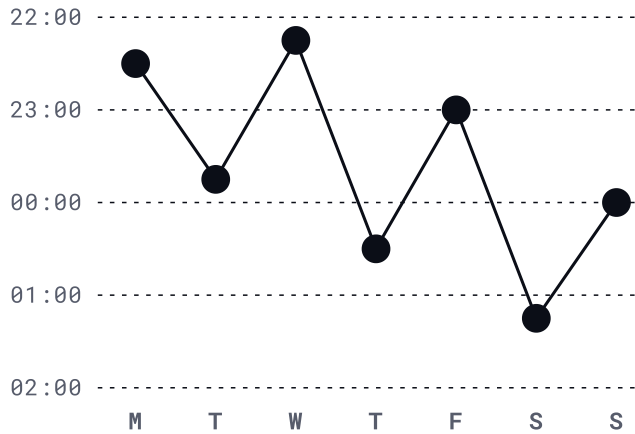
RHYTHM: SAME TIME, EVERY NIGHT

Your body clock runs on repetition. Go to bed and get up at the same times and it learns when to wind down.

A WEEK OF BEDTIMES, TWO WAYS

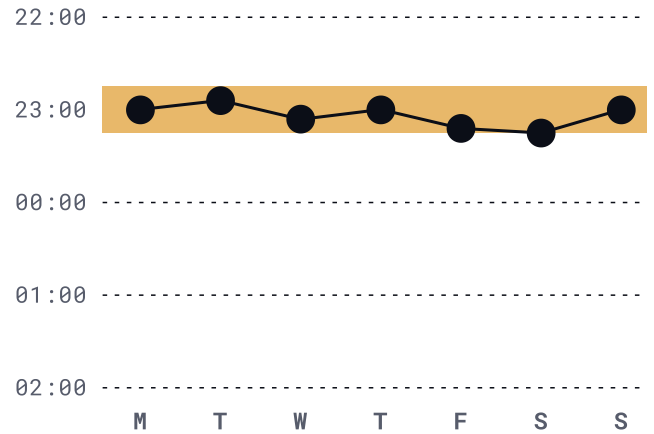
Irregular

bedtime moves 3 h



Regular

within half an hour



WHY IT MOVES YOUR SCORE

- Several trackers score your timing directly: Apple gives bedtime consistency 30 of its 100 points.
- Oura scores timing, WHOOP scores consistency.
- A steady clock makes falling asleep easier.

WHAT THE RESEARCH FOUND

2.5_h

later melatonin in irregular sleepers

61

students tracked for 30 days, sleep length similar

DO THIS

Pick one bedtime and one wake time. Keep both for all five nights.

Weekend included, within about half an hour. Set the wake alarm now, and a wind-down alarm for one hour before bed.

Bedtime _____ Wake time _____

DONE ON NIGHT ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

TONIGHT

Phillips et al., 2017, Scientific Reports (observational) · tracker help pages. Full references on page 10.

YOUR EVENING, HOUR BY HOUR

The six levers, plus three small moments with Solve Labs. Shown for an 11 pm bedtime: write your own times on the right.

WHEN	WHAT	MY TIME
BED - 9 H 14:00	Last caffeine. Coffee, tea, cola and energy drinks. Decaf after this (page 3).	_____
BED - 3 H 20:00	Dinner finished. Then: REISHI two capsules or two scoops. Many people take it after dinner, at the same time each evening, as part of their wind-down.	_____
BED - 2 H 21:00	Heating down, window open a crack. Optional: a warm shower or bath now, so your body has an hour or two to cool (page 7).	_____
BED - 90 MIN 21:30	The last cup: MUSHROOM CACAO one scoop in hot milk. A warm mushroom cacao with reishi, valerian and magnesium. Make it with a plant drink if you prefer.	_____
BED - 1 H 22:00	Screens off. Big lights off, one low lamp on. Phone charging outside the bedroom. Paper book, a bath, quiet talk (page 5).	_____
BED - 30 MIN 22:30	Two CALM REISHI GUMMIES and teeth. Chewed, no water needed. A small cue that the day is closing.	_____
BED 23:00	Lights out. The same time all five nights (page 8). Cool, dark and quiet. Lights out at the same time each night trains the habit.	_____
MORNING SAME TIME	Up at your wake time. Screenshot the score, fill in the log. Note anything unusual. It is your record of what worked.	_____

All evening: no alcohol (page 4). If you only have the Reishi, the routine is the same: make the last cup warm milk or a herbal tea.

Food supplements. Not a substitute for a varied diet and a healthy lifestyle. Keep to the daily amount on each pack. Not for under-18s or during pregnancy or breastfeeding. If you take medication, sedatives included, or are under medical care, speak to your doctor first.

12 SOURCES, EACH GRADED

Strong: a meta-analysis or many studies agreeing. **Moderate:** a sound single study or a review. **Weak:** small or observational, a link and not a cause. **Vendor:** what the maker says about its own product. The grade is for the sentence in bold, which is what we use the source for.

MODERATE · Institute of Medicine (2001). Caffeine for the Sustainment of Mental Task Performance, ch. 2: Pharmacology of Caffeine. National Academies Press.

Mean half-life about 5 hours in healthy adults; range 1.5 to 9.5 hours.

MODERATE · Drake, C., Roehrs, T., Shambroom, J. & Roth, T. (2013). Caffeine effects on sleep taken 0, 3, or 6 hours before going to bed. *Journal of Clinical Sleep Medicine*, 9(11), 1195–1200.

12 adults, 400 mg: even 6 h before bed, measured sleep fell by over an hour.

STRONG · Gardiner, C. et al. (2023). The effect of caffeine on subsequent sleep: a systematic review and meta-analysis. *Sleep Medicine Reviews*, 69, 101764.

24 studies: 45 min less sleep, 11 min less deep sleep; a cup of coffee 8.8 h or more before bed.

STRONG · Ebrahim, I. O., Shapiro, C. M., Williams, A. J. & Fenwick, P. B. (2013). Alcohol and sleep I: effects on normal sleep. *Alcoholism: Clinical and Experimental Research*, 37(4), 539–549.

Review: faster to sleep and deeper early; more disrupted second half; REM delayed.

MODERATE · Pietilä, J. et al. (2018). Acute effect of alcohol intake on cardiovascular autonomic regulation during the first hours of sleep. *JMIR Mental Health*, 5(1), e23.

4,098 employees: sleeping heart rate +1.4, +4.0, +8.7 bpm; HRV-based recovery down with dose.

MODERATE · Gooley, J. J. et al. (2011). Exposure to room light before bedtime suppresses melatonin onset and shortens melatonin duration in humans. *Journal of Clinical Endocrinology & Metabolism*, 96(3), E463–E472.

116 adults: ordinary room light delayed melatonin onset in 99% and shortened it by about 90 min.

MODERATE · Chang, A.-M., Aeschbach, D., Duffy, J. F. & Czeisler, C. A. (2015). Evening use of light-emitting eReaders negatively affects sleep, circadian timing, and next-morning alertness. *PNAS*, 112(4), 1232–1237.

12 adults, tablet vs printed book: about 10 min longer to fall asleep, less REM, melatonin 1.5 h later.

WEAK · Iao, S. I. et al. (2022). Associations between bedtime eating or drinking, sleep duration and wake after sleep onset: findings from the American Time Use Survey. *British Journal of Nutrition*, 127(12), 1888–1897.

124,239 people: eating or drinking in the last hour, about twice the odds of 30+ min awake.

MODERATE · Okamoto-Mizuno, K. & Mizuno, K. (2012). Effects of thermal environment on sleep and circadian rhythm. *Journal of Physiological Anthropology*, 31, 14.

Review: with bedding, heat raises waking and cuts deep and REM sleep; core temperature falls at night.

MODERATE · Haghighyegh, S. et al. (2019). Before-bedtime passive body heating by warm shower or bath to improve sleep: a systematic review and meta-analysis. *Sleep Medicine Reviews*, 46, 124–135.

17 studies: water at 40 to 42.5 °C, 1 to 2 h before bed, shortened the time to fall asleep.

WEAK · Phillips, A. J. K. et al. (2017). Irregular sleep/wake patterns are associated with poorer academic performance and delayed circadian and sleep/wake timing. *Scientific Reports*, 7, 3216.

61 students, 30 days: irregular sleepers' melatonin rose about 2.5 h later, sleep length similar.

VENDOR · Garmin, Oura and Fitbit help pages; WHOOP Sleep Performance (2025 update); AppleInsider, How Sleep Score works on Apple Watch with watchOS 26 (12 Sep 2025). Read 14 Oct 2026.

What each tracker says its sleep score includes. Formulas and weights are not published.

Left out on purpose, because the evidence does not carry them: one exact ideal bedroom temperature, alarms timed to 90-minute sleep cycles, a nightcap to help you sleep, and any single number of hours that suits everyone.