



by Siddhartha Singh

3-Step Protocol for Better Sleep

(That Actually Works)

The Wind-Down Hour (60 Minutes Before Bed)

Do this: Shut off work notifications, dim the lights, and replace screens with low-stimulation activities like reading, light stretching, or journaling.

Why it works: This creates a clear off-ramp from “performance mode” to “recovery mode.” Cortisol levels drop, melatonin release improves, and your nervous system shifts from alert to relaxed—making sleep onset faster and deeper.

Smart Nutrition & Hydration Timing

Do this: Cut caffeine after 3 PM. Avoid heavy, high-fat dinners late at night. Hydrate well during the day, but reduce fluids about 90 minutes before bedtime.

Why it works: Late stimulants and heavy meals keep your digestive system and nervous system active. Tapering fluids prevents sleep fragmentation from midnight bathroom trips, protecting deep and REM sleep cycles.

Engineer Your Sleep Environment

Do this: Keep your bedroom cool (18–20°C), completely dark (blackout curtains, no LEDs), and as quiet as possible.

Why it works: A cool, dark, distraction-free environment minimises micro-awakenings, increases time spent in deep and REM sleep, and improves overall sleep efficiency.

Bottom line: *Sleep isn't about “trying harder.” It's about removing friction. Follow these three steps consistently and aim for 7 hours of sleep every night—that's where recovery, focus, and long-term performance compound.*