



# Your Personalized Sleep Blueprint

Science-backed recommendations tailored to your unique sleep profile

The Digital Dependent

Prepared for: **Alex**

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SS-MLQDSMS1-HRMVM4

*"Unplug your nights. Power up your mornings."*

# Your Sleep Health Score

Based on your sleep assessment and calculator results



You're close to optimal — small adjustments will make a real difference

Schedule	<div style="width: 65%;"></div>	65
Quality	<div style="width: 55%;"></div>	55
Lifestyle	<div style="width: 40%;"></div>	40
Environment	<div style="width: 70%;"></div>	70



## The Digital Dependent

*Unplug your nights. Power up your mornings.*

Screen time before bed is your primary sleep disruptor. Blue light, engaging content, and the dopamine hits from scrolling are keeping your brain wired when it should be winding down.

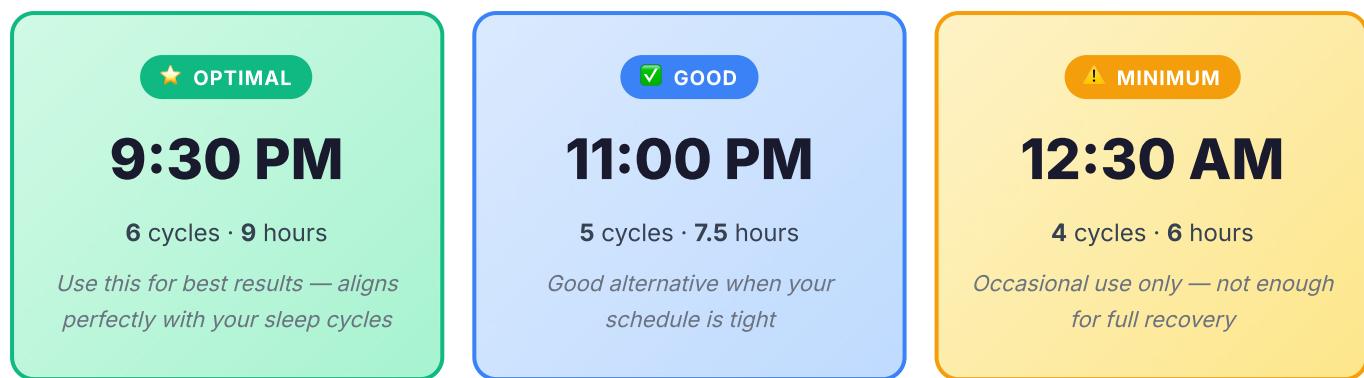
**Root Cause:** Blue light from screens suppresses melatonin production by up to 50% and delays it by up to 3 hours. But it's not just the light — the cognitive engagement from social media, news, and entertainment keeps your brain in "input mode."

## Your Strength

Being tech-savvy means you can use technology as a tool FOR sleep, not just against it. Apps, automations, and smart home features can become part of your solution.

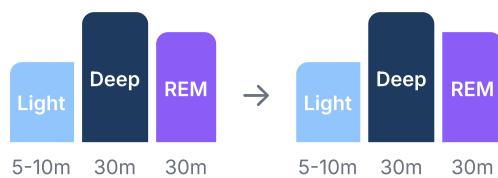
# ⌚ Your Custom Sleep Schedule

Based on your target wake up time of 7:00 AM, aligned with 90-minute sleep cycles



## Why These Times Work

Sleep occurs in ~90-minute cycles, each containing light sleep, deep sleep, and REM sleep. Waking **between** cycles (not during one) is what makes you feel refreshed vs. groggy.



Each complete cycle ≈ 90 minutes · Deep sleep peaks in cycles 1-3 · REM peaks in later cycles

### 💡 Pro Tip

Set a "bedtime alarm" 30 minutes before your target sleep time. This reminder becomes your wind-down signal. After a week, your body will start getting naturally sleepy at this time.

## If You Miss Your Target

Don't stress. Use the next cycle-aligned time (90 minutes later) rather than an arbitrary time. And **always** keep your wake time consistent — it's more important than bedtime.

## ⚡ Tonight's Quick Wins

Personalized for The Digital Dependent — do these today for immediate improvement

### Phone Exile Protocol

⌚ Starting tonight

- Buy a \$10 alarm clock (remove the excuse to keep phone in bedroom)
- Set a charging station outside your bedroom door
- Enable Do Not Disturb mode automatically at your digital sunset time
- Tell anyone who might need you about the change

🔬 **The Science:** A 2024 NIH study found that simply removing phones from the bedroom improved sleep onset by 23 minutes and reduced nighttime awakenings by 47%.

🕒 **Expected Impact:** Immediate improvement in sleep onset + continuity

### Progressive Digital Sunset

⌚ 90 minutes before bed

- T-90 min: Switch to warm-toned apps only (e-reader, music)
- T-60 min: Enable Night Shift/blue light filter on all devices
- T-30 min: All screens off — switch to audio or physical book
- T-0: Lights low, begin sleep routine

🔬 **The Science:** Gradual reduction prevents the "cold turkey" rebound where your brain craves stimulation. Progressive wind-down mimics natural sunset cues.

🕒 **Expected Impact:** Melatonin production restored within 3-5 days

### Screen Time Replacement Menu

⌚ Choose 2-3 alternatives

- Audiobooks/podcasts (fiction, calm genres only)
- Light stretching or yoga nidra
- Board games or puzzles with family
- Fiction reading with warm lamp (not backlit)
- Gentle music or ambient sounds

🔬 **The Science:** The key is having pre-planned alternatives. Willpower-based approaches fail 85% of the time. Environment design works.

 Expected Impact: Eliminates the "what do I do instead?" barrier

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# Your 7-Day Sleep Reset Protocol

Each day builds on the last — follow in order for best results



## D1 Anchor Wake Time

Set consistent wake time. Morning sunlight (10 min within 30 min of waking) resets your clock.

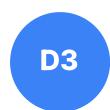
↙ Success Metric: Consistent wake time + light



## D2 Phone Exile

Phone charges outside bedroom starting tonight. Use a real alarm clock.

↙ Success Metric: Zero bedroom screen time



## D3 Auto Night Mode

Set automatic blue light filters on all devices. Schedule focus/DND modes.

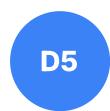
↙ Success Metric: Reduced blue light after 8 PM



## D4 Digital Sunset

Implement 60-minute screen-free period before bed. Have replacement activities ready.

↙ Success Metric: One hour screen-free before bed



## D5 Morning Light, Evening Dark

Add morning sunlight exposure. Dim home lights to 50% after sunset.

↙ Success Metric: Light/dark contrast established



## D6 Content Audit

Remove high-stimulation apps from home screen. Unsubscribe from late-night notification sources.

↙ Success Metric: Fewer triggers for late-night scrolling



## D7 New Routine Lock-In

Your 60-minute wind-down routine is now built. Commit to the version that worked best.

↙ Success Metric: Sustainable screen-free evening habit

### ⚠ Important

Don't try to be perfect. Doing 70% consistently beats doing 100% for two days then quitting. Each change compounds — even small improvements add up to a major transformation.

## 🛒 Recommended Sleep Tools

Selected specifically for The Digital Dependent challenges

### HIGH PRIORITY

#### Blue Light Blocking Glasses

Wear from 7 PM onward to reduce blue light exposure by 80-90% even when you need screens

### HIGH PRIORITY

#### Simple Alarm Clock

Removes the #1 excuse for keeping your phone in the bedroom

### MEDIUM PRIORITY

#### Kindle Paperwhite (warm light mode)

Satisfies the need to read/browse with zero blue light and minimal engagement loops

### MEDIUM PRIORITY

#### Smart Home Dimmer

Automate evening light dimming so you don't have to think about it

## 🚫 What to Avoid

Common mistakes for your sleep profile — steer clear of these

- ✗ Social media within 2 hours of bed
- ✗ News/politics content in the evening
- ✗ Video games after dinner
- ✗ Falling asleep with TV on (disrupts sleep cycles)

## 📋 Your Week 1 Sleep Tracker

Print this page and track your progress

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bedtime	__ : __	__ : __	__ : __	__ : __	__ : __	__ : __	__ : __
Wake Time	__ : __	__ : __	__ : __	__ : __	__ : __	__ : __	__ : __
Sleep Latency	__ min						
Awakenings	__ x						
Energy (1-5)	☆	☆	☆	☆	☆	☆	☆
Protocol ✓	□	□	□	□	□	□	□



Your personalized sleep optimization starts tonight.

For more science-backed sleep strategies, visit us at:

[sleepsmarter.io](https://sleepsmarter.io)

Questions? Reply to your blueprint delivery email — we read every response.

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Consult a healthcare professional for medical sleep issues.

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