PHOENIX

FITNESS PRO

THE 7-DAY

SLEEP RESET

FOR ADULTS 35+

Seven free habits, backed by research, for more consistent sleep.

EVIDENCE-BASED | FREE HABITS | SLEEP TRACKER

7 DAYS. FREE HABITS. HONEST EVIDENCE.

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WELCOME

The Straight Answer

Seven habits, one per day, with the evidence for each.

Adults should sleep 7 or more hours a night on a regular basis [1]. That is the target, and it is the hard part: the panel that set it noted that more than a third of the population falls short [13].

Hours are not the whole story. The same panel says healthy sleep also needs good timing, daily regularity, good quality, and no sleep disorders [1]. This guide gives you one free habit a day for seven days, aimed at timing, regularity, and quality.

HOW STRONG IS THE EVIDENCE?

STRONGER EVIDENCE	A meta-analysis of trials points the same way.
MODERATE EVIDENCE	Small trials or reviews, with some gaps.
LIMITED EVIDENCE	Sound science, but no direct trial of the step.
GUIDELINE ADVICE	A medical society recommendation.

WHAT THIS GUIDE DOES NOT PROMISE

Many of the studies are small, and most tested healthy adults on one habit at a time. No habit here guarantees a result, and none treats a sleep disorder. This guide covers no pills, powders, or supplements.

IMPORTANT

This guide is educational and does not diagnose or treat any condition. If you snore loudly, gasp at night, or feel very sleepy in the day, see a doctor. Page 13 explains when and why.

FOR TRAINING AND HEALTH

Why Sleep Matters

What short sleep did in the studies.

MUSCLE [9]

One night without sleep cut muscle building by 18%

In 13 healthy adults, a night of no sleep cut muscle protein synthesis after a meal by 18% and raised cortisol by 21%.

TESTOSTERONE [10]

A week at 5 hours cut daytime testosterone 10% to 15%

In 10 healthy young men, one week of sleep limited to about 5 hours a night lowered daytime testosterone by 10% to 15%.

APPETITE [11]

Short sleep went with more eating

A meta-analysis cited in a 2018 trial found that partial sleep loss raised energy intake by about 385 kcal a day, with no matching rise in energy burned. In that 4-week pilot trial of 42 short sleepers, extending sleep by about 21 minutes cut free sugar intake by about 9.6 g a day.

HEALTH [1]

Under 7 hours goes with higher risks

The AASM and Sleep Research Society link regular sleep under 7 hours with weight gain, diabetes, high blood pressure, heart disease, depression, and a higher risk of death.

KEEP IN MIND

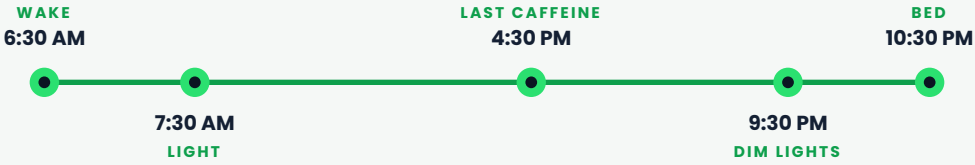
These studies used small groups and often extreme sleep cuts. One bad night does not decide your results. Patterns do.

ONE EXAMPLE DAY

Your Daily Rhythm

Anchor your day around a wake time and a bedtime.

Your body clock runs on light and routine [2]. The timeline below shows one example day for someone who wakes at 6:30 a.m. and goes to bed at 10:30 p.m., which leaves 8 hours in bed. Shift every time to fit your own schedule.



WAKE **6:30 AM**	Keep the same wake time every day. Regularity is part of healthy sleep [1].	GUIDELINE
LIGHT **By 7:30 AM**	Get outside for 10 to 15 minutes. Light is the clock's main cue [2].	LIMITED
LAST CAFFEINE **4:30 PM**	Six hours before bed. In one trial, 400 mg at that point still cut sleep by over an hour [3].	MODERATE
WORKOUT ENDS **9:30 PM**	Finish vigorous exercise at least an hour before bed [7].	STRONGER
DIM LIGHTS **9:30 PM**	Switch to low light and a printed book. Evening screens delayed melatonin in one study [4].	MODERATE
BED **10:30 PM**	Count back 7 to 9 hours from your wake time [1].	GUIDELINE

Example times are a Phoenix Fitness Pro illustration. Each step cites the evidence behind it, and the days that follow explain each one.

DAY 1

Anchor Your Wake Time

GUIDELINE ADVICE

WHAT THE RESEARCH FOUND

The American Academy of Sleep Medicine and the Sleep Research Society say adults should sleep 7 or more hours a night on a regular basis. They add that healthy sleep also needs good timing, daily regularity, good quality, and no sleep disorders [1]. Regular sleep under 7 hours goes with higher risks of weight gain, diabetes, and heart disease, among others [1].

TODAY'S PRACTICE

1. Pick a wake time you can keep seven days a week.
2. Count back 7 to 9 hours to set your bedtime, and write both times in the tracker.

SHIFT WORK

If you work nights or irregular shifts, aim for at least 7 hours in each 24-hour period, as the panel advises [13].

YOUR NOTES

DAY 2

Get Morning Light

LIMITED EVIDENCE

WHAT THE RESEARCH FOUND

Your body clock sits in a small brain region called the suprachiasmatic nucleus, and light is its main time cue [2]. When you get light affects when you feel alert and when you feel sleepy. The sources in this guide include no trial of a morning walk for sleep, so treat the steps below as a practical use of well-established clock science and not as a proven treatment.

TODAY'S PRACTICE

1. Within an hour of waking, spend 10 to 15 minutes outside. This is a Phoenix suggestion, and no trial here tested it.
2. On dark or rainy days, sit by the brightest window you have.

SUN SAFETY

Do not stare at the sun, and use sun protection if you stay out longer.

FREE TOOL

Phoenix Walking Calculator

Turn a morning walk into a simple weekly target.

OPEN THE CALCULATOR

DAY 3

Set a Caffeine Cutoff

MODERATE EVIDENCE

WHAT THE RESEARCH FOUND

In a study of 12 healthy adults, 400 mg of caffeine (about 2 to 3 cups of coffee) taken 6 hours before bedtime cut total sleep time by more than an hour, measured by an in-home monitor. Participants did not notice the loss [3]. The researchers suggested that most people avoid caffeine after about 5 p.m. [3]. The study tested a large dose in a small group.

TODAY'S PRACTICE

1. Pick your cutoff: bedtime minus 6 hours at the latest. For a 10:30 p.m. bedtime, that is 4:30 p.m.
2. After the cutoff, switch to decaf or water, and record your last caffeine time in the tracker.

HIDDEN CAFFEINE

Tea, energy drinks, pre-workout powders, and some medicines contain caffeine. Check labels.

YOUR NOTES

DAY 4

Dim and Unplug the Evening

MODERATE EVIDENCE

WHAT THE RESEARCH FOUND

In a study of 12 healthy adults, reading on a light-emitting tablet for four hours before bed on five evenings was compared with reading a printed book in dim light. On the tablet, people took about 10 minutes longer to fall asleep, made less melatonin, had a body clock about 1.5 hours later, and felt less alert the next morning [4].

TODAY'S PRACTICE

1. Dim the overhead lights for the last hour before bed.
2. Read a printed book, or keep any screen dim, and charge your phone outside the bedroom.

GOOD TO KNOW

No study in this guide shows that night modes or blue-light glasses fix the problem. Dim light and less screen time are the steps with evidence.

YOUR NOTES

DAY 5

A Cool, Dark Bedroom

MODERATE EVIDENCE

WHAT THE RESEARCH FOUND

A review of how room temperature affects sleep found that heat exposure raises wakefulness and cuts slow-wave and REM sleep in real-life conditions with bedding and clothing. Humid heat adds to the load. Cold exposure changed sleep stages less when people used bedding [5]. Light at night also suppresses melatonin [4].

TODAY'S PRACTICE

1. Keep the room cool enough that you stay comfortable under your bedding, and choose breathable sheets.
2. Block outside light, and cover or remove glowing devices.

NIGHT SWEATS

If night sweats soak your sheets again and again, mention it to your doctor.

OPTIONAL GEAR

Sleep mask and white-noise options

No research in this guide tests these. They are conveniences, and you can sleep well without them.

SEE SLEEP GEAR | TESTOSTERONE GUIDE

DAY 6

Time Your Alcohol and Workouts

6

MODERATE EVIDENCE

WHAT THE RESEARCH FOUND

A review of 20 studies with more than 500 healthy people found that alcohol in any amount shortened the time to fall asleep and increased deep sleep early in the night. It also increased sleep disruption in the second half of the night, and moderate and high doses reduced REM sleep [6]. On exercise, a meta-analysis of 23 studies found that evening exercise did not harm sleep in healthy adults, though vigorous exercise ending within an hour of bedtime might [7].

TODAY'S PRACTICE

1. Finish drinking early, and skip alcohol on nights when sleep matters most.
2. End hard workouts at least an hour before bed, and keep late sessions easy.

IMPORTANT

If you drink heavy amounts every day, quitting all at once can be dangerous. Talk with a doctor before you quit.

YOUR NOTES

DAY 7

Build a Wind-Down and Review

GUIDELINE ADVICE

WHAT THE RESEARCH FOUND

We found no trial that compares wind-down routines, so choose one you will repeat. For long-term sleep trouble, the American College of Physicians recommends cognitive behavioral therapy for insomnia (CBT-I) as the first treatment, ahead of medication [8]. Page 13 explains what that means.

TODAY'S PRACTICE

1. Pick two or three calm activities for the last 20 to 30 minutes, such as stretching, slow breathing, or reading a printed book.
2. Open your tracker and circle the two habits that went with your best nights. Keep those first, then add the others one at a time.

GOOD TO KNOW

One good week does not fix long-term sleep trouble. If poor sleep continues, see page 13.

YOUR NOTES

KNOW THE LIMITS

When Sleep Needs a Doctor

Habits help many people. Some problems need a professional.

LONG-TERM INSOMNIA

About 6% to 10% of adults meet the criteria for insomnia disorder [8]. The American College of Physicians recommends CBT-I as the first treatment for chronic insomnia. CBT-I can run through individual or group sessions, phone or web modules, or self-help books [12].

LOUD SNORING, GASPING, OR HEAVY DAYTIME SLEEPINESS

These can signal sleep apnea, a condition that needs a medical assessment. Ask your doctor about a sleep test.

SLEEPING PILLS AND SUPPLEMENTS

This guide covers neither. The ACP advises a shared decision with your doctor about short-term medicine, and only after CBT-I alone has not worked [8].

LOW MOOD OR CONSTANT WORRY

If low mood or worry keeps you awake, talk with a doctor or a therapist. Sleep and mood affect each other, and treating one can help the other.

REMEMBER

Do not stop or change any medicine on your own. Bring a list of your medicines and your sleep tracker to your appointment.

FOR LIFTERS AND WALKERS

Train Around Short Sleep

Adjust the session to the night you had.

Short sleep cut muscle building by 18% after one night in 13 adults [9], and one week of 5-hour nights lowered daytime testosterone by 10% to 15% in 10 young men [10]. Those results are small studies, and they argue for protecting sleep and adjusting hard training when you are short.

The table below is a Phoenix Fitness Pro rule of thumb. No trial tested it. Individual needs differ, so adjust the thresholds to your own experience.

Slept 7+ hours	Train as planned
Slept 5 to 6 hours	Keep the session, cut one or two sets per exercise, and stop each set a rep or two before failure
Slept under 5 hours	Do a short session or a walk, and resume your plan the next day

IF YOU ARE LIFTING

Protein and training matter too. Our 7-Day High-Protein Plan and the muscle-building workout library cover both.

KEEP TRACKING

Daily Readiness Score

A wearable-free daily check-in for sleep, recovery habits, hydration, protein, and training load. Member login required.

OPEN THE SCORE

YOUR WEEK

Sleep Tracker

DAY	BED	WAKE	HOURS	CAFFEINE	DRINKS	ENERGY
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Bed and wake: clock times. Hours: your estimate of time asleep. Caffeine: time of your last caffeinated drink. Drinks: alcoholic drinks that day. Energy: rate how you feel in the morning from 1 to 10. Look for patterns, not single nights.

MY NOTES

Which habit went with your best night?

_____

RESEARCH AND SAFETY

What the evidence says

Many of these studies are small or short, so the findings point in a direction and do not predict your result.

[1] Recommended amount of sleep for a healthy adult: a joint consensus statement of the AASM and Sleep Research Society. *Sleep*, 2015. pmc.ncbi.nlm.nih.gov/articles/PMC4434546/

[2] Overview of circadian rhythms. *Alcohol Research and Health*, 2001. pmc.ncbi.nlm.nih.gov/articles/PMC6707128/

[3] Caffeine effects on sleep taken 0, 3, or 6 hours before going to bed. *J Clin Sleep Med*, 2013. pmc.ncbi.nlm.nih.gov/articles/PMC3805807/

[4] Evening use of light-emitting eReaders negatively affects sleep, circadian timing, and next-morning alertness. *PNAS*, 2015. pubmed.ncbi.nlm.nih.gov/25535358/

[5] Effects of thermal environment on sleep and circadian rhythm. *J Physiol Anthropol*, 2012. pmc.ncbi.nlm.nih.gov/articles/PMC3427038/

[6] Alcohol and sleep I: effects on normal sleep. *Alcohol Clin Exp Res*, 2013. doi.org/10.1111/acer.12006

[7] Effects of evening exercise on sleep in healthy participants: a systematic review and meta-analysis. *Sports Med*, 2019. pubmed.ncbi.nlm.nih.gov/30374942/

[8] Management of chronic insomnia disorder in adults: a clinical practice guideline from the American College of Physicians. *Ann Intern Med*, 2016. pubmed.ncbi.nlm.nih.gov/27136449/

[9] The effect of acute sleep deprivation on skeletal muscle protein synthesis and the hormonal environment. *Physiol Rep*, 2021. pubmed.ncbi.nlm.nih.gov/33400856/

[10] Effect of 1 week of sleep restriction on testosterone levels in young healthy men. *JAMA*, 2011. pmc.ncbi.nlm.nih.gov/articles/PMC4445839/

[11] Sleep extension is a feasible lifestyle intervention in free-living adults who are habitually short sleepers. *Am J Clin Nutr*, 2018. pubmed.ncbi.nlm.nih.gov/29381788/

[12] ACP recommends cognitive behavioral therapy as initial treatment for chronic insomnia. American College of Physicians, 2016. www.acponline.org/acp-newsroom/acp-recommends-cognitive-behavior...

[13] Seven or more hours of sleep per night: a health necessity for adults. American Academy of Sleep Medicine, 2015. aasm.org/seven-or-more-hours-of-sleep-per-night-a-health-necessi...

SAFETY

This guide is educational and is not medical advice. Natural does not mean risk-free. Talk with a doctor before you change your routine if you have a medical condition, take medicine, or have trouble sleeping that lasts. Do not stop a prescription on your own.

AFFILIATE DISCLOSURE

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A few years ago, a 100% artery blockage nearly killed me. That moment ended the habit of living stressed out, tired, and running on empty. I took control of my health for myself and for the people who depend on me.

Since then I have studied how to stay strong, feel calm, and live with purpose, and I share what I learn here and on my YouTube channel. I am not a guru. I am a regular guy who learned this the hard way.

This guide asks you to protect your sleep first and let the evidence decide the rest.

You can do this. Let us reclaim your health together.

Keep going with Phoenix Fitness Pro

VISIT PHOENIXFITNESSPRO.COM

WATCH ON YOUTUBE

TESTOSTERONE GUIDE

DAILY READINESS SCORE