Sleep Reset

If your sleep has gone

Three weeks of poor sleep changes a person. Three months changes more.
Start with the first item on the list — it does most of the work.
Give the whole list two weeks before you assess whether it is helping.

Protect the first hour of the day

- Ten minutes outdoors in natural light.
- Phone-down for the first thirty minutes.
- Glass of water before caffeine.

Protect the last hour of the day

- Phone out of the bedroom.
- Screens down. Lights low.
- A consistent bedtime window of fifteen minutes.

Move during the day

- Twenty minutes — a walk, a swim, gentle stretching.
- Finish movement at least three hours before sleep.

Train one breath practice at bedtime

- Box breathing: four counts in, four hold, four out, four hold. Three cycles.
- See the Breathe and Name card.

Put the worry somewhere

- Notebook by the bed.
- Worry written down is worry parke.



Rule out the physical first

If you snore loudly, gasp during sleep, or wake exhausted no matter how long you have been in bed — see a GP.
Sleep apnoea (pauses in breathing during sleep) is common and treatable

Crisis

If you cannot make it through the next ten minutes — thoughts about harming yourself,or about not wanting to be here — call your local crisis line or go to your nearest emergency department.

In Saudi Arabia, call 911 in an emergency (ambulance 997). For psychological advice.
The Ministry of Health line is 920033360 (daily 8am–8pm; Saturday 1pm–8pm).
Other GCC countries: monita.org/in-crisis.