FREE GUIDE

SLEEP BETTER AFTER 40

QUICK START

3 nights · 7+ hours



by Tom & Linda

FROM THE 40+ RESET · 21-DAY PLAN

PAGE 1 · WHAT'S GOING ON

Why sleep gets worse after 40

You go to bed tired, then wake at 3 AM with your mind racing. You're not imagining it, and you're not alone.

🔬 **SCIENCE SAYS**

Sleep experts recommend **at least 7 hours** a night for adults. And it's not just about feeling tired: after short sleep, people ate about **385 extra calories** the next day. Poor sleep makes your belly, your mood and your energy worse.

The 4 things that changed

1 · LIGHTER SLEEP

We get less deep sleep as we age, so noise, heat or a full bladder wake us more easily.

2 · HORMONES

Hot flashes and night sweats around menopause. In men, snoring and night-time bathroom trips.

3 · CAFFEINE

Caffeine stays in your body for hours. In one study, caffeine **6 hours before bed** still cut sleep by over **1 hour**.

4 · SCREENS & STRESS

Late emails, news and scrolling keep your brain "on." Bright light at night says "it's still daytime."



TOM ASKS

"So is bad sleep just part of getting older?"



LINDA SAYS

"No! Most of it comes from **daily habits you can change**, starting tonight."

Sources: Watson et al. (AASM/SRS), Sleep 2015 · Al Khatib et al., Eur J Clin Nutr 2017 · Drake et al., J Clin Sleep Med 2013.

PAGE 2 · CHECK YOURSELF

Your 1-minute sleep check

Tick every sentence that's true for you most weeks. Then count your ticks.

- [ ] It takes me more than 30 minutes to fall asleep.
- [ ] I wake up in the night and struggle to get back to sleep.
- [ ] I sleep less than 7 hours on most nights.
- [ ] I wake up tired, even after a full night in bed.
- [ ] I need coffee to get going, or I crash around 3 PM.
- [ ] I use my phone or watch TV in bed.
- [ ] I have coffee, tea or cola after 2 PM.
- [ ] My wake-up time changes by more than an hour on weekends.

My ticks	What it means
0 – 2	Pretty good sleep habits 👍 Use this guide to fine-tune.
3 – 5	Room to improve. The 3-night plan on page 5 is made for you.
6 – 8	Your sleep needs attention. Start tonight, and if it doesn't improve, talk to your doctor.

⚠️ SEE YOUR DOCTOR IF…

- You snore loudly, someone has seen you stop breathing or gasp, **and** you're sleepy in the day: these can be signs of **sleep apnea**, which is very treatable.
- You've had trouble sleeping 3+ nights a week for 3 months. Ask about **CBT-I**, the first-choice treatment for long-term insomnia.

This check is a simple habit guide, not a medical test. Source for CBT-I: American College of Physicians insomnia guideline 2016.

PAGE 3 · THE ROUTINE

The 7-hour routine

Good sleep starts in the morning. Here's a whole day built around one bedtime. Shift the times to fit your life.

When	What to do
6:30 AM	**Same wake-up time every day**, weekends too. This is the #1 sleep habit.
Within 1 hr	**10 minutes of daylight**: a short walk, coffee on the porch, or sit by a bright window. It sets your body clock.
2 PM	**Last coffee, tea or cola.** Switch to decaf or herbal tea.
Afternoon	Need a nap? Keep it to **20 minutes or less, before 3 PM**.
7:30 PM	**Finish dinner 2–3 hours before bed.** Keep alcohol small and early, or skip it.
9:30 PM	**Dim the lights.** Warm shower, tidy up, set out tomorrow's clothes.
10:00 PM	**Screens off. Phone charges outside the bedroom.** Read a paper book, stretch, breathe slowly.
10:30 PM	**Lights out.** 8 hours in bed gives you 7+ hours of sleep.



TOM ASKS

"Why does alcohol matter? A glass of wine makes me sleepy."



LINDA SAYS

"It helps you fall asleep, but it **breaks up your sleep in the second half of the night**. Hello, 3 AM wake-up!"

Sources: AASM healthy sleep habits · Drake et al., J Clin Sleep Med 2013.

Your bedroom & the 3 AM wake-up

Make it cool, dark and quiet

COOL

About **65°F** suits most people. Hot flashes? A fan and light layers.

DARK

Blackout curtains or an eye mask. Cover standby lights. No TV in bed.

QUIET

Earplugs, a fan or white noise. Loud snoring? See a doctor.

JUST FOR SLEEP

Bed = sleep and intimacy only. No work, no scrolling.

Woke up at 3 AM? Do this

1. **Don't check the time or your phone**

   Seeing "3:12" starts the "only 3 hours left" worry.

2. **Breathe out longer than you breathe in**

   In through the nose for 4, out slowly for 6. Repeat 10 times. Relax your jaw and shoulders.

3. **Still awake after about 20 minutes? Get up**

   Go to another room with dim light and read a paper book until you feel sleepy, then go back to bed.

4. **Keep the same wake-up time anyway**

   Sleeping in makes tonight worse. A little tired today = sleepy on time tonight.

Sources: AASM healthy sleep habits · stimulus-control instructions from CBT-I (American Academy of Sleep Medicine guideline 2021).

PAGE 5 · START TONIGHT

Your first 3 nights

Don't change everything at once. Three small steps a day. Tick each box when it's done.

☑ NIGHT 1 · SET YOUR CLOCK

- [ ] Pick one wake-up time and set your alarm for it every day, weekends too.
- [ ] Last coffee, tea or cola by 2 PM.
- [ ] Charge your phone outside the bedroom tonight.

☑ NIGHT 2 · WIND DOWN

- [ ] Get 10 minutes of daylight within an hour of waking.
- [ ] Finish dinner 2–3 hours before bed.
- [ ] Screens off 30 minutes before bed. Read a paper book instead.

☑ NIGHT 3 · SET UP YOUR CAVE

- [ ] Make your bedroom cool (about 65°F) and dark.
- [ ] Take a 10-minute walk after dinner.
- [ ] In bed: 10 slow breaths (in for 4, out for 6).



LINDA'S TIP

"Give it a week. Your body clock needs a few days to reset. **The fixed wake-up time is the habit that makes all the others work.**"

PAGE 6 · KEEP GOING

Ready for the full 21-day plan?

Better sleep is just one part. **The 40+ Reset** takes you step by step for 21 days, with one simple page per day.



- The complete day-by-day **21-day plan**
- **Beat the afternoon crash** for good
- **Flat belly eating**: plate method + 10 easy meals
- A **15-minute home strength routine** (3 levels, knee-friendly)
- **Happy joints**, plus heart and blood sugar habits
- Grocery list, habit tracker and progress log

Get The 40+ Reset →

Link also in our bio · Instagram & Facebook: **@tomandlindahealth**



Sleep well! Tom & Linda

Important: This guide is general information, not medical advice. If you have ongoing sleep problems, loud snoring, or feel very sleepy during the day, talk to your doctor.