

SLEEP RESET PROTOCOL

CHECKLIST





Calmbination is a modern wellness practice dedicated to crafting your personal **combination for calm**. We integrate personalized life coaching support, and help you build a toolkit to live a profoundly intentional life of **purpose, passion, and pride**.

CUSTOMIZE YOUR COMBINATION OF CALM.

The information provided in this ebook is intended solely for educational and informational purposes. The author does not accept any responsibility for the outcomes that may arise from the application of the material within. While efforts have been made to ensure the accuracy and relevance of the content, the author cannot be held accountable for any errors or omissions, or for any consequences resulting from the use or misuse of the information provided. The responsibility for any actions taken based on the information in this ebook lies solely with the reader.

PRODUCED BY:

Calmbination LLC.
www.calmbination.com
Charlotte, NC
November 2025



ABOUT THE AUTHOR

TYLER GREENPOPE

If you've ever felt like your brain is a browser with 50 tabs open, all playing a different song, then you're exactly in the right place. For over a decade, my world was the thrilling, high-stakes universe of event production, a career built on turning professional chaos into calm for C-suite executives and industry partners. I spent my days orchestrating complex projects, using intentional design and a mindful approach to prove that any chaotic situation could be transformed into something orderly. However, behind the scenes of that success, I found myself in a personal rut, **overwhelmed and without a clear path forward.**

This personal challenge sparked the profound realization that the same strategic, intentional principles I used for high-stakes events were the exact keys to designing my own peace and purpose, leading to the birth of **Calmbination**.

Today, I blend my background in **strategic planning and technology with certified coaching** to help ambitious professionals **trade overwhelm for clarity**. As your wellness alchemist, I reject the one-size-fits-all approach, instead providing a holistic system tailored specifically to you by integrating personalized **life coaching support** with restorative practices like **mindfulness, breath-work, and meditation**. Through my signature systems, I provide a practical toolkit to manage stress, beat procrastination, and **build a profoundly intentional life of purpose, passion, and pride**.

If you're ready to **customize your combination of calm** and build the toolkit for your next chapter, I'm so glad you're here.

LET'S BEGIN THIS JOURNEY TOGETHER.



Checklist

SLEEP RESET PROTOCOL

This checklist is designed to help you optimize your sleep quality to reduce stress hormones, enhance recovery, and improve overall resilience. Quality sleep directly rebalances your stress hormones each night and serves as a crucial foundation for stress management.

1. Bedroom Environment Optimization

☐ **Set bedroom temperature between 65-68°F (18-20°C)**

This temperature range has been shown to deepen slow-wave (deep) sleep, which is essential for hormone regulation and recovery from stress.

☐ **Install blackout curtains or use a sleep mask**

Eliminating light exposure prevents melatonin disruption and supports your body's natural sleep-wake cycle, improving overall sleep quality.

☐ **Remove electronic devices from bedroom (or set to Do Not Disturb mode)**

This eliminates stress-triggering notifications and reduces blue light exposure that can interfere with melatonin production.

2. Pre-Sleep Routine

☐ **Create a 30-minute "buffer zone" between work and sleep**

This mental wind-down period allows your brain to transition from active engagement to rest, reducing sleep-disrupting thought patterns.

☐ **Practice 4-7-8 breathing for 5 minutes before bed**

This specific breathing pattern activates the parasympathetic nervous system and has been shown to help prepare your body for sleep.

☐ **Block blue light with glasses or screen settings 1-2 hours before bed**

Blue light suppresses melatonin production; reducing exposure helps signal to your body that it's time to prepare for sleep.

☐ **Write tomorrow's to-do list to empty your mind**

This "cognitive offloading" reduces racing thoughts and anxiety that might otherwise keep you awake.

3. Daily Habits That Impact Sleep

☐ **Avoid caffeine after 2 PM**

Caffeine has a half-life of 5-6 hours and prevents deep sleep even when you don't feel subjectively alert.

☐ **Maintain a consistent bedtime (within 30 minutes)**

This regularity keeps your sleep-wake rhythm steady and helps optimize your body's natural cortisol rhythm.

☐ **Limit fluid intake 90 minutes before bed**

This simple adjustment reduces sleep interruptions from bathroom trips, helping you maintain unbroken sleep cycles.

4. Sleep Quality Tracking

☐ **Track total sleep time, aiming for minimum 7 hours**

Research suggests this is the minimum effective dose for stress recovery, representing actual sleep time rather than just time in bed.

☐ **Monitor morning energy levels on a scale of 1-10**

This subjective measure helps you connect your sleep habits with how you feel, creating a feedback loop for improvement.

☐ **Note sleep fragmentation (number of wakings)**

Each interruption forces your brain to restart the sleep cycle, reducing time in the most restorative stages.

5. Recovery Strategies

- ☐ **If experiencing sleep debt, add 30 minutes to sleep time**
You can only recover about 30 minutes of sleep debt per night before your sleep quality begins to suffer, so gradual recovery is key.
- ☐ **For shift workers, use consistent light exposure patterns**
Bright light when you need to be alert and darkness when you need to sleep can help reduce nighttime cortisol even with irregular schedules.
- ☐ **Include tryptophan-rich foods in evening meals**
Foods like poultry, eggs, cheese, and nuts support the tryptophan-serotonin pathway that promotes both mood regulation and sleep quality.

6. When to Seek Help

- ☐ **Consider professional support if insomnia persists beyond one month**
Persistent sleep issues may require evidence-based approaches like Cognitive Behavioral Therapy for Insomnia (CBT-I).
- ☐ **Consult a healthcare provider if sleep difficulties coincide with high stress scores**
This combination may indicate a need for more comprehensive intervention beyond self-management techniques.