MATT / PRACTICAL ADHD TOOLS

The Gentle Sleep Reset

A practical ADHD workbook

Small shifts. Softer evenings. Your own pace.

YOUR 7-DAY GENTLE EXPERIMENT

Build a bedtime rhythm that fits you.

This is your space to choose one small sleep anchor, make evenings easier, and notice what helps - without trying to build the perfect routine.

01 Choose an anchor

02 Reduce friction

03 Reset gently

Progress, not perfection.

Educational resource only. Not a substitute for medical advice.

STEP 01

Choose one sleep anchor

A sleep anchor is a small, repeatable action that signals: I am winding down. Keep it easy enough to do even on an imperfect day.

My easiest starting point

Select one action. An anchor is a cue, not a test of discipline.

- [ ] Read a few pages of a book
- [ ] Put on comfortable sleep clothes
- [ ] Dim the lights and play something calming
- [ ] Take a comfortable shower or wash my face
- [ ] Other: _____

MY ANCHOR PLAN

When I notice _____, I will:

Make it small enough to count

On low-energy nights, the two-minute version of my anchor is:

Remember: One small action is progress. The goal is consistency over time, not a flawless evening.

STEP 02

Make sleep easier

Instead of asking for more willpower, change one part of your environment so the next helpful step takes less effort.

My evening friction check

What usually keeps me up later than I planned? Check any that fit.

- [ ] My phone is too easy to reach
- [ ] I have too many decisions to make
- [ ] I lose track of time
- [ ] My room is bright, noisy, or uncomfortable
- [ ] My mind gets busy late at night
- [ ] Something else: _____

Three ideas to try

01 Give your phone a charging spot away from your bed.

02 Prepare one thing for the next morning.

03 Make your sleep space dimmer, quieter, or more comfortable.

My one environment change

This week, I will make it easier to wind down by:

Start with one change. You can always add another later.

STEP 03

My seven-day sleep experiment

Track what you notice, not whether you were "good." Use this page to find patterns and celebrate small wins.

My anchor: _____

My environment change: _____

DAY	ANCHOR?	BEDTIME*	WAKE TIME*	ENERGY (1-5)
MON	☐			
TUE	☐			
WED	☐			
THU	☐			
FRI	☐			
SAT	☐			
SUN	☐			

What did I notice?

One thing that helped me feel more rested or made bedtime easier:

* Optional. Approximate times are fine. Leave blanks if tracking times is stressful.

STEP 04

The reset is part of the plan

A rough night does not erase progress. Revisit your next helpful action instead of trying to make up for lost sleep.

WHEN I HAVE A HARD NIGHT

Notice: What happened, without judging myself?

Adjust: What would make tomorrow night a little easier?

Return: What is the smallest anchor I can do next?

My personal reset plan

A common challenge for me is:

One small adjustment I can try next time:

If my plan falls apart, my easiest restart is:

Progress is not a streak. It is learning what supports you and returning to it with patience.

If sleep problems are frequent, severe, or affect daily life, talk with a qualified clinician. ADHD may coexist with treatable sleep conditions.