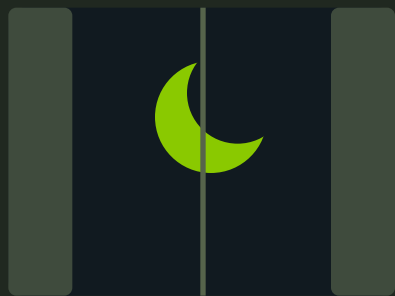


FREE RECOVERY GUIDE

SLEEP BETTER AFTER 40

A practical guide to better rest,
recovery and energy.



DARK / QUIET / COMFORTABLY COOL

01

steady schedule

01

evening routine

07

day checklist

By Aziz | LLLH

Start with one change you can repeat tonight.

01 / YOUR FOUNDATION

Make room for recovery

Work, family and training all ask something of you. Give recovery a place too.



7-9 HOURS

Most adults need this much sleep each night.
Individual needs vary.

BUILD YOUR NIGHT BACKWARDS



6:30 am

WAKE UP

Choose a realistic, consistent wake-up time.



10:30 pm

ASLEEP

Eight hours before the example wake-up time.



9:30-10 pm

WIND DOWN

Allow extra time to relax and settle.

This is an example, not a fixed bedtime. Keep your wake-up time reasonably steady, including weekends. Go to bed when sleepy.

02 / YOUR DAYTIME HABITS

Better nights start by day

Four practical habits to experiment with this week.



Get daylight early

Spend time outdoors after waking when practical. Daylight helps support your sleep-wake rhythm.



Move regularly

Walk, lift or do activity you enjoy. If a hard late workout leaves you alert, try an earlier or gentler session.



Review your caffeine

Try a cut-off 6-8 hours before bed, or earlier if sensitive. Include coffee, tea, energy drinks and pre-workouts.



Keep naps brief

If naps affect your nights, shorten or skip them. When needed, try a brief nap earlier in the afternoon.

EXAMPLE: 10:30 PM BEDTIME? TRY NO CAFFEINE AFTER 2:30 PM.

03 / YOUR EVENING ROUTINE

Ease into bedtime

Give yourself 30-60 minutes to move from a busy day towards rest.

60



MINUTES BEFORE BED

Finish demanding work where possible. Write down tomorrow's priorities and lower bright lighting.

30



MINUTES BEFORE BED

Put aside stimulating content and work messages. Read, stretch gently or listen to something calming.

00



WHEN YOU FEEL SLEEPY

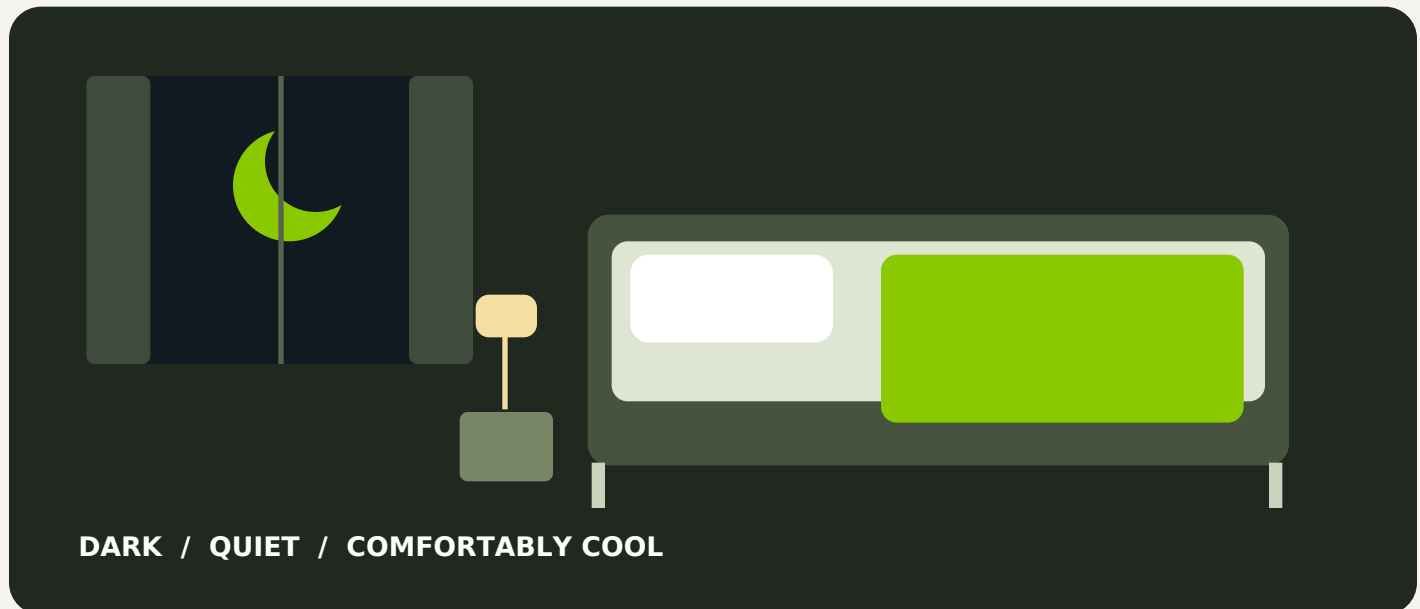
Go to bed. Keep the routine flexible enough to repeat. Avoid making sleep another performance target.

Pick one calming activity you actually enjoy. Repeat it.

04 / YOUR SLEEP SPACE

Set the room for rest

Comfort and consistency matter more than expensive sleep products.



01 DARK

Reduce unwanted light with curtains or an eye mask.

02 QUIET

Reduce noise. Earplugs or gentle background sound may help.

03 COMFORTABLY COOL

Choose bedding, clothing and a temperature that suit you.

04 LESS DISTRACTING

Silence notifications. Keep work out of bed where practical.

05 / FOOD, DRINKS & HABITS

Make the evening easier

Small adjustments may help you settle more comfortably.



Avoid feeling uncomfortably full

Allow time after a large meal before lying down, especially with reflux. A small snack is reasonable if hungry.



Do not rely on alcohol

It may make you drowsy, but can disrupt sleep later. Avoid nicotine near bedtime too.



Adjust late fluids if needed

Drink regularly through the day. If bathroom trips disturb sleep, avoid large drinks near bed without dehydrating yourself.



Sleep aids are optional

A routine does not require supplements. Discuss sleep aids with a pharmacist or clinician, especially if taking medication.

Change one habit at a time so you can notice what helps.

06 / TROUBLESHOOTING

When sleep will not come

One difficult night does not mean your routine has failed.



Wide awake or frustrated?

Get out of bed and do something quiet in dim light. Return when sleepy. Avoid repeatedly checking the clock.



After a difficult night

Return to your usual routine. Avoid compensating with excessive caffeine or a very long lie-in.

WHEN TO SPEAK WITH A CLINICIAN

Seek advice for frequent loud snoring, gasping or witnessed breathing pauses; persistent daytime sleepiness; or ongoing sleep problems that affect daily life.

For persistent insomnia, ask about CBT-I (cognitive behavioural therapy for insomnia). Healthy habits alone may not resolve a sleep disorder.

DO NOT DRIVE IF YOU FEEL SLEEPY.

These signs deserve attention even if you allow enough time for sleep.

07 / YOUR FIRST WEEK

Start tonight. Keep it simple.

Use this checklist to build a routine that fits your life.

- ☐ Choose a consistent wake-up time.
- ☐ Allow enough time for sleep.
- ☐ Get daylight after waking when practical.
- ☐ Set a caffeine cut-off time.
- ☐ Build a simple evening wind-down.
- ☐ Make the bedroom comfortable.
- ☐ Review what helped at the end of the week.

A SIMPLE MORNING CHECK-IN

Note approximate bed and wake times, how rested you feel, and anything unusual such as late caffeine or alcohol.

Look for patterns. You do not need to track every minute.

Start with one change you can repeat tonight.
Give recovery a place in your routine. - Aziz

Save this guide. Follow LLLH for practical training, nutrition and recovery content after 40.

General education for healthy adults; not individual medical advice.

NHLBI: Healthy Sleep Habits

NHS: Insomnia

NHLBI: Insomnia Treatment