



FREE SAMPLE

Calmer nights, *easier mornings*

Two tools from the full kit, free to print and share:
the Check-First List and **the 15-minute Bedroom Walk-Through**.

Check-First List

Signs that your sleep or tiredness deserves a professional's opinion.

Bedroom Walk-Through

Light, sound, temperature, comfort and night-time safety — with a fix list.

Check first: when to talk to a professional

Tick any that apply to you. **If you tick even one, make an appointment with your doctor.** You can keep using this kit for your routines alongside.

- ☐ **Loud snoring most nights, or someone has seen you stop breathing, choke or gasp in your sleep.** These can be signs of sleep apnea — common, treatable and worth checking. A partner often notices first.
- ☐ **Morning headaches, or feeling unrefreshed however long you sleep.** Also seen with sleep apnea and other conditions a doctor can look for.
- ☐ **Nodding off in the day without meaning to — reading, watching TV, talking — or feeling drowsy at the wheel.** Strong daytime sleepiness needs a proper look. Don't drive while drowsy.
- ☐ **Trouble getting to sleep or staying asleep on 3 or more nights a week for more than 3 months, and it affects your days.** This is how chronic insomnia is described. It has an effective treatment, called CBT-I.
- ☐ **An urge to move your legs that's hard to resist, worse when resting in the evening or at night, and eased by moving.** This describes restless legs syndrome, which a clinician can assess and treat.
- ☐ **Acting out dreams — shouting, punching or kicking in your sleep — or a partner says you do.** This can be a sleep condition that deserves assessment, partly for safety.
- ☐ **Night-time trips to the bathroom that are new, happening more often, or come with thirst, swelling, or snoring.** Often just age-related, but sometimes linked to treatable conditions.
- ☐ **Feeling tired or low on energy for several weeks with no relief, or with other changes such as weight loss, breathlessness or thirst.** Tiredness has many possible causes — from anemia to thyroid problems to depression — that a doctor can check.
- ☐ **Low mood, loss of interest, or worry on most days for more than two weeks.** Sleep and mood affect each other. Both are worth raising.
- ☐ **Your sleep changed after you started, stopped or changed a medicine — including over-the-counter sleep aids.** Ask your doctor or pharmacist. Don't stop a prescribed medicine without advice.



Get help now: if you ever have thoughts of harming yourself, get help now. In the US, call or text 988 (or 911 in an emergency). In the UK, call NHS 111 or Samaritans on 116 123 (999 in an emergency). Elsewhere, contact your local emergency number.

I ticked _____ items. I'll call to book on _____

The 15-minute Bedroom Walk-Through

Do this in the evening, with the lights as they are at bedtime. Lie on the bed for a minute and notice. Mark each line **OK** or **Fix**.

CHECK	OK	FIX	IF NOT, TRY
 Light			
With the lights off, the room is too dark to read in.	☐	☐	Lined or blackout curtains, a blind, or a soft eye mask.
No glowing standby lights, chargers or screens in view.	☐	☐	Cover with tape, turn away, or move out of sight.
Early summer sunrise doesn't wake you before you mean to get up.	☐	☐	Blackout lining or a blind behind the curtains.
 Sound			
The room is quiet, or a steady sound covers noises that bother you.	☐	☐	Foam or wax earplugs, a fan, or a white-noise machine.
A partner's snoring or movement doesn't keep you awake.	☐	☐	Earplugs or separate covers. Loud snoring is worth them getting checked.
 Temperature & air			
The room feels cool rather than warm when you get into bed.	☐	☐	Turn the heating down at night, open a window, or use a fan.
You can easily add or remove a layer at night.	☐	☐	Two light layers instead of one heavy one; breathable cotton or linen.
Cold feet or hands don't keep you awake.	☐	☐	Bed socks or a warm (not hot) water bottle, removed before sleep.
 Clocks, screens & habits			
You can't see a clock from your pillow.	☐	☐	Turn the clock away. Use an alarm you don't need to look at.
Your phone is silent or out of reach overnight.	☐	☐	Use Do Not Disturb with emergency contacts allowed, and charge it across the room.
Your bed is mostly for sleep and intimacy — not bills, work or long TV sessions.	☐	☐	Move those activities to a chair or another room.

Comfort, safety and your fix list

Safety items come first — fix those today. Then sort the rest by effort.

CHECK	OK	FIX	IF NOT, TRY
🛏 Bed & comfort			
You don't wake stiff or sore from your mattress, and it doesn't sag.	☐	☐	Try a topper or turn the mattress; replacing it is a bigger decision.
Your pillow keeps your neck level in the position you sleep in.	☐	☐	Adjust the number or height of pillows; add one between the knees if helpful.
Pets don't wake you or crowd you.	☐	☐	A pet bed beside yours rather than on it.
🚪 Night-time safety			
A night-light or motion light shows the way to the bathroom.	☐	☐	Plug-in or motion-sensor night-lights along the route.
The route is clear: no loose rugs, cords or clutter.	☐	☐	Clear the floor; fix or remove loose rugs.
You can reach a light, your glasses and a phone without getting up.	☐	☐	A bedside lamp or touch light, and a small tray for essentials.
You can get in and out of bed steadily.	☐	☐	Sit for a moment before you stand. Ask about bed height or a grab handle if needed.

☰ My fix list

Tonight

Free and quick: turn the clock, cover a light, clear the path.

☐
☐
☐

This week

Small purchases: night-light, earplugs, eye mask, a fan.

☐
☐
☐

Later

Bigger decisions: curtains, mattress, a talk with your partner.

☐
☐
☐

This sample is two of the tools. Here's the rest.

Calmer Nights, Easier Mornings walks you from evening to morning in five modules:

1 • Take Stock

Start with what is really going on

2 • Wind Down

An evening routine that fits your life

3 • The Bedroom

A 15-minute walk-through

4 • Mornings

A steady wake-up and a brighter start

5 • Review & Decide

Read your notes, keep what helps, know when to get help

The guide

Five short modules in plain language, with sources from the CDC, National Institute on Aging, NHS and sleep-medicine bodies.

21 printable, fillable pages

Sleep Snapshot, Starting Point, Wind-Down Builder, bedside cards, Morning Start Plan, change cards, Night & Morning Logs, weekly reviews and a Doctor Visit Summary.

A clear two-week plan

Notice first, then change one thing at a time — and see what actually helps you.

US Letter and A4

Print at home, or type into the pages on a computer or tablet.



Get the full kit at calmer-nights.wrenandcostudio.com. \$19 (US dollars), one-time. Instant download. 30-day refund if it isn't useful to you.