

Free Guide — Based on Leading Sleep Science

The ultimate *sleep manual*

End sleepless
nights *for good*

HEVO

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The Ultimate *Sleep Reset*

WHY YOU CAN'T AFFORD ANOTHER BAD NIGHT

Poor sleep isn't just about feeling tired. It quietly chips away at your energy, focus, mood, and even long-term health.

*Deep sleep is not
a luxury*

Every night you stay wired from screens or wake up unrested, you're training your body into a cycle that's harder to break.

This guide gives you the science, the steps, and the tools to stop that decline — starting tonight.

Why Sleep Matters *More Than You Think*

Sleep fuels your brain, repairs your body, and stabilizes your emotions.

*6 hours of sleep
is not enough*

Without enough of it, reaction time slows, memory weakens, and your immune system takes a hit.

in fact, even one week of poor sleep can impair cognitive performance as much as being legally drunk.

How Your *Circadian Rhythm* Works

Your circadian rhythm is a 24-hour clock that tells your body when to wake, work, and rest.

Block blue light - sleep deeper Blue light at the wrong time — like from phones or laptops at night — sends a fake 'daytime' signal to your brain.

Over time, this can permanently shift your sleep window later, making it both harder to fall asleep and wake up with ease.

The *Blue Light* Problem

Blue light doesn't just keep you awake longer — it suppresses melatonin, the hormone that helps you enter deep, restorative sleep.

You don't have to ditch your phone That means less physical recovery, more morning brain fog, and higher cortisol levels (your stress hormone).

Most 'blue light' glasses only filter a fraction (20-30%) of the problem wavelengths. Amber-tinted lenses that target the exact melatonin-disrupting range are one of the few tools that work without requiring you to ditch screens.

Mouth Breathing *vs* Nose Breathing

Mouth breathing at night reduces oxygen intake, dries your airways, and can increase your risk of snoring or sleep apnea.

*Your mouth is
made for eating
& talking*

You might wake up with headaches, a sore throat, or that 'hangover without drinking' feeling.

Nose breathing supports deeper sleep and better oxygenation — and can be retrained with nasal strips or gentle mouth tape.

Your Bedroom Might Be *Destroying Your Sleep*

Light leaks from street lamps, heat from electronics, and even subtle noise can fragment your sleep cycles without you realizing it.

*Keep your
bedroom dark,
cool and quiet*

Research shows even low-level light exposure during sleep increases heart rate and reduces deep sleep time.

Eat and Drink for Sleep *(or Sabotage It)*

Caffeine can linger in your system for up to 10 hours, silently delaying melatonin release.

*You don't sleep
better with
alcohol*

Alcohol may make you drowsy, but it destroys REM sleep — the stage critical for memory and mood regulation.

The *90-Minute* Wind-Down Rule

The hour and a half before bed sets the tone for your entire night.

*Avoid
flight-or-flight
mode*

Keep lights dim, avoid stimulating content, and create a sense of safety and calm.

Without this, your body may stay in 'fight-or-flight' mode well into the night.

Exercise: The *Double-Edged* Sword

Regular movement improves sleep quality...

*Exercise the
smart way*

...but late-night high-intensity training can spike adrenaline and body temperature, making it harder to wind down.

Common *Sleep Killers* You Don't Notice

The most dangerous sleep disruptors are often invisible...

*They break you
down slowly*

...background noise, screen notifications, late
caffeine, and inconsistent sleep times.

They don't ruin a single night — they erode your rest slowly,
week after week.

The *7-Day* Sleep Reset

Day 1–2: Wear high-quality blue light blocking glasses after sunset.

Day 3–4: Add nasal strips or gentle mouth tape.

Day 5: Make your bedroom pitch black, quiet and cool.

Day 6: Cut caffeine after lunch.

Day 7: Lock in your bedtime and wake time.

Repeat this cycle until better sleep feels normal — not rare.

Every night you delay taking action is another night your brain and body run below their potential. The fastest wins come from controlling light, breathing, and environment — which is why many people make those tools non-negotiable. The right gear makes it effortless to keep the habits that protect your sleep for life.

Offer

Ready to Sleep Deep *Every Night?*

You've learned the science — now put it into practice with the exact tools designed to make it effortless.

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