



A 30-NIGHT PROGRAM BY NURSE JUNE

The Night Nurse Reset

Thirty evenings, one small step a night, to fall asleep easier,
stay asleep longer and wake up like yourself again.

*What forty-one years of night shifts taught me. —
June*

Nurse June · 68 · retired ER night-shift nurse, Ohio

June is an AI-generated character.
Lifestyle habits, not medical advice.



BEFORE NIGHT ONE

Welcome, night owl

Honey, if you bought this, I'm guessing you're tired of being tired. Good. That's exactly the right amount of fed up.

For forty-one years I worked nights in the ER. My body thought noon was midnight and Christmas was a Tuesday. When I retired, I expected to finally sleep like a baby. I didn't. It took me almost a year, and a lot of advice from the old-timers on my floor, to get my nights back.

This is that year, boiled down to **thirty evenings**. One small step a night, in the order that worked for me and for the many patients and nurses I watched struggle with the same thing.

You don't need pills, gadgets or a perfect life. You need a plan you can actually keep. Let's go.

With love, June

WEEK 1

Clean up your evenings

WEEK 2

Set your body clock

WEEK 3

The 3 a.m. wake-ups

WEEK 4

Make it yours

How the Reset works

1 One step a night

Read tonight's page in bed or with your evening tea. It takes two minutes. Do the "Tonight" step and tick its box.

2 Add, don't replace

Each night builds on the ones before. By Night 30 you'll have a routine, not a to-do list.

3 Tick the tracker

It's at the back. Every morning, rate how you slept from 1 to 10. Honest numbers beat pretty ones.

4 Missed a night? Keep going

Don't start over. Pick up where you are. Nobody on my floor ever had a perfect shift either.

5 Give it the full thirty

Sleep changes slowly. Most people feel a difference in week two and believe it in week four.

Print it or keep it on your tablet

The tracker, the 3 a.m. card and the house rules page are made for printing. Stick them on the fridge or keep them by the bed.



WEEK 1 • NIGHTS 1-7

Clean up your evenings

The first week is about what happens in the two hours before bed.

NIGHT 1 **Pick your anchor**

Everybody wants to fix their bedtime. Old nurses fix the wake-up time first. Your body sets its clock from the moment you get up, and a steady wake-up time pulls your sleepiness earlier and makes it more reliable, night after night.

- ☐ **Tonight:** Choose one wake-up time you can keep all seven days. Set the alarm. Write it on the tracker.

Get up at the same time and bedtime starts fixing itself.

NIGHT 2 The phone sleeps out

One "quick look" in bed turns into forty minutes of bright light, bad news and other people's vacations. Your mind gets busy at the exact moment it should be slowing down. And a phone on the nightstand is the first thing you reach for at 3 a.m.

- ☐ **Tonight:** Charge your phone in another room. If it's your alarm, use a cheap alarm clock from tomorrow on.

In my house, the phone has its own bedtime. It's earlier than mine.

NIGHT 3 The nine o'clock line

News, work email and arguments online are made to grab your attention. That's the opposite of what you need before sleep. Nothing you read at ten at night can be fixed at ten at night.

- ☐ **Tonight:** At 9 p.m. (or two hours before bed), close the laptop and switch off the news. Tomorrow's problems can wait for tomorrow's coffee.

The world will still be a mess in the morning. You'll just be rested for it.

NIGHT 4 **Cool, dark, quiet**

Your body cools down a little to fall asleep. A warm, bright, noisy bedroom fights that. Hospitals learned this the hard way: patients sleep better in dim, cool, quiet rooms.

- ☐ **Tonight:** Do a two-minute bedroom check. Turn the thermostat down a touch (many people like around 65–68°F), cover or remove one light, and try earplugs or a fan if there's noise.

If you can read by the light of your charger, it's too bright.

NIGHT 5 **The bed is for sleeping**

If you work, scroll, watch TV or worry in bed, your brain learns that bed is a place to be awake. We want to teach it the opposite: bed means sleep.

- ☐ **Tonight:** Move everything except sleep (and intimacy) out of the bed. Read in a chair, watch TV on the couch, then go to bed when you're sleepy.

Your bed should be the most boring place in the house.

NIGHT 6 Ten slow minutes

You can't go from full speed to asleep, the same way you can't stop a car by jumping out. A short wind-down, done in the same order every night, tells your body what's coming next.

- ☐ **Tonight:** Choose three calm steps and do them in the same order: for example, dim the lamps, wash your face, read five pages of a paper book.

Same three steps, same order, every night. Boring works.

NIGHT 7 Week one review

One week in, you already have real information: which steps were easy, which were hard, and how your scores moved. We keep what works and make the hard parts smaller.

- ☐ **Tonight:** Look at your tracker. Circle the one habit that helped most. For the hardest one, make it half as big instead of giving up.

Helped most: _____

I'll make smaller: _____

Progress, not perfection. I'd take four good nights over zero perfect ones.



WEEK 2 • NIGHTS 8–14

Set your body clock

This week is about the daytime, because good nights are built in the morning.

NIGHT 8 Morning light

Daylight in your eyes early in the day is the strongest signal your body clock gets. It tells your brain the day has started, which helps you get sleepy at the right time tonight.

- ☐ **Tonight:** Plan tomorrow's ten minutes of outdoor light within an hour of waking: porch, balcony, a short walk. Cloudy days count.

Coffee on the porch did more for my sleep than anything in a bottle.

NIGHT 9 **Water, daylight, then coffee**

Most of us reach for coffee before we're even awake. Having water and daylight first gives your body its real wake-up signals, and coffee becomes a pleasure instead of a crutch.

- ☐ **Tonight:** Put a glass by the sink and leave the curtains ready to open. Tomorrow: water, light, then the coffee pot.

Same coffee. Just third in line.

NIGHT 10 **The caffeine cutoff**

Caffeine stays in your body for many hours. An afternoon coffee can still be working at bedtime even if you fall asleep fine, and it can make your sleep lighter.

- ☐ **Tonight:** Pick your cutoff (noon is a good start) and remember that tea, cola, energy drinks and chocolate count too.

I switched my 3 p.m. coffee to a walk. Didn't miss it after a week.

NIGHT 11 Supper and the nightcap

A big meal right before bed keeps your body busy digesting. A glass of wine may help you doze off, but it tends to break up the second half of the night, and that's when many people wake at 3 a.m.

- ☐ **Tonight:** Aim to finish your main meal two to three hours before bed. If you drink, have it earlier with dinner and keep it small.

The nightcap borrows sleep from 3 a.m. and never pays it back.

NIGHT 12 Move in the daytime

Bodies that move during the day sleep deeper at night. You don't need a gym. A daily walk is plenty, and it gives you extra daylight too.

- ☐ **Tonight:** Plan a 20–30 minute walk for tomorrow, earlier in the day if you can. Keep hard workouts away from the last couple of hours before bed.

My best sleep came after days I walked to the mailbox the long way.

NIGHT 13 Naps, the right way

A long or late nap takes the edge off tonight's sleepiness, so you lie awake and nap again tomorrow. It's a loop I saw in a lot of retired folks, myself included.

- ☐ **Tonight:** If you nap, keep it before 3 p.m. and under 20–30 minutes. If you have trouble sleeping at night, try skipping naps this week.

Short and early, like a good coffee break.

NIGHT 14 Week two review

You've now worked on both ends of the day. Many people notice they fall asleep a little faster or wake up a little clearer by now. If you don't yet, that's normal too.

- ☐ **Tonight:** Compare this week's scores with week one. Keep your wake-up time steady, even if the weekend tempts you.

Week 1 average: _____ Week 2 average: _____

What changed: _____

Halfway there. Your body is learning, even when it doesn't feel like it.



WEEK 3 · NIGHTS 15–21

The 3 a.m. wake-ups

This week is about what to do when you wake up and can't get back down.

NIGHT 15 The clock faces the wall

When you wake up and see 3:12, you start doing math: "If I fall asleep right now, I'll get four hours." That math wakes you up more than the hour does.

- ☐ **Tonight:** Turn the clock away from the bed. If you wake up, don't check the time. Your alarm will tell you when it's morning.

What time is it at 3 a.m.? None of your business, honey.

NIGHT 16 The worry appointment

Worries love a quiet room. If you give them their own time earlier in the evening, they don't need to show up at 3 a.m.

- ☐ **Tonight:** Sit down for ten minutes after dinner. Write what's on your mind, and one next step for each thing. Then close the notebook.

I told my worries: 7 p.m., kitchen table. They mostly kept the appointment.

NIGHT 17 The notepad rule

Sometimes a thought still sneaks in at night: the bill, the email, the thing you forgot. Your brain holds on to it so you won't forget. Writing it down lets it go.

- ☐ **Tonight:** Put a notepad and pen on the nightstand. If a thought wakes you, write one line, in the dark if you need to, and lie back down.

One line, not a novel. Then back to bed.

NIGHT 18 **The twenty-minute rule**

Lying in bed frustrated teaches your brain that bed is a place to struggle. If you feel like you've been awake a long while, it's better to get up for a bit.

- ☐ **Tonight:** If it feels like you've been awake about twenty minutes (don't check the clock), get up. Go to a dim room, do something calm and dull, and go back to bed when you feel sleepy.

Fold a few towels. Nobody ever got too excited folding towels.

NIGHT 19 **Breathe like a night nurse**

At the end of a hard shift, slow breathing was how many of us came down. Breathing out slower than you breathe in tells your body it's safe to rest.

- ☐ **Tonight:** In bed, breathe in through your nose for a count of four, and out slowly for a count of six to eight. Ten rounds. If your mind wanders, start counting again.

Longer out than in. That's the whole trick.

NIGHT 20 Fewer trips to the bathroom

Plenty of 3 a.m. wake-ups start with a trip to the bathroom and then a bright light that wakes you all the way up.

- ☐ **Tonight:** Have most of your drinks earlier in the day and go easy in the last hour or two before bed. Put a small, warm night light in the hallway so you don't need the big light.

Drink your water in the morning. Your 3 a.m. self will thank you.

NIGHT 21 Week three review

Night wakings are normal. Everybody wakes a few times a night. What we're working on is getting back to sleep without a fight.

- ☐ **Tonight:** Look back at your week. Which tool helped most when you woke up: the turned clock, the notepad, the breathing, or getting up? Make that your go-to.

My 3 a.m. go-to: _____

Week 3 average: _____

Waking up isn't failing. Panicking about it is just a habit, and habits change.



WEEK 4 • NIGHTS 22-30

Make it yours

The last stretch turns the steps into a routine you can keep for good.

NIGHT 22 **Your house rules**

A routine sticks when it's written down and it's yours. Not mine, not a magazine's.

- ☐ **Tonight:** On the "My house rules" page, write your wake-up time, your cutoff times and your three wind-down steps. Stick it on the fridge.

Rules you write yourself are the ones you keep.

NIGHT 23 **Weekends without the jet lag**

Sleeping in three hours on Saturday is like flying to another time zone and back. Monday mornings feel terrible for a reason.

- ☐ **Tonight:** Plan your weekend: wake up within an hour of your weekday time. If you're tired, have a short early nap instead of a long lie-in.

Saturday is for pancakes, not for sleeping till ten.

NIGHT 24 **Bad night rescue**

You will have bad nights. Everyone does. The mistake is trying to "catch up": sleeping in, napping long, cancelling the day. That pushes the next night off too.

- ☐ **Tonight:** Learn the rescue plan. After a bad night, get up at your usual time, get daylight, keep naps short, and go to bed when sleepy, not much earlier than usual.

One bad night is weather. Don't let it become climate.

NIGHT 25 Travel and holidays

Trips, guests and holidays are where routines fall apart. You don't need to be strict; you just need a travel version.

- ☐ **Tonight:** Write your "travel kit": eye mask, earplugs, your wake-up time and one wind-down step you can do anywhere.

I packed my routine in the same bag as my toothbrush.

NIGHT 26 Sharing the bed

A snoring partner, a different schedule or a stolen blanket can wreck good habits. Most couples never talk about it.

- ☐ **Tonight:** Have the kind conversation. Separate blankets, earplugs, or one of you reading in another room first are all fair options. Loud snoring with pauses or gasping is worth mentioning to a doctor.

Separate blankets saved more marriages than counseling. Don't quote me.

NIGHT 27 **Screens, done smarter**

Sometimes you'll watch something in the evening, and that's fine. What matters is what kind of screen, how bright, and how close to bed.

- ☐ **Tonight:** If you watch in the evening, choose something calm, turn the brightness down, keep it out of the bedroom, and switch it off before your ten slow minutes.

Dim and dull beats bright and exciting.

NIGHT 28 **Stressful days**

Big days, family trouble, money worries: stress is the most common reason good sleepers sleep badly. You can't remove it, but you can keep it out of the bedroom.

- ☐ **Tonight:** On a hard day, double your worry appointment to twenty minutes, take an extra walk and keep the evening lighter than usual.

Stress gets the kitchen table. It doesn't get the bed.

NIGHT 29 Your 30-day review

Look how far you've come. Compare the first week of scores with the last. The point isn't a perfect number; it's knowing what works for you.

- ☐ **Tonight:** Fill in the "My 30-day review" page at the back: what changed, which three habits mattered most, and what you'll keep.

Write it down. On a bad week, this page will remind you that you know how.

NIGHT 30 Keep the lights low

You did it, honey. Thirty evenings. From here on it's not a challenge, it's just how you live.

- ☐ **Tonight:** Pick your three non-negotiables, the habits you'll keep no matter what. Everything else is a bonus.

- 1 _____
- 2 _____
- 3 _____

I'm proud of you. Now go to bed. — June

The 3 a.m. card

When you wake up and can't get back down, don't think. Just follow the card.

Awake at night?

— June

- 1** Don't look at the clock.
- 2** Stay still and breathe: in for 4, out for 6–8. Ten rounds.
- 3** A thought won't leave? Write one line on the notepad.
- 4** Still awake after what feels like twenty minutes? Get up. Dim light, something dull.
- 5** Go back to bed only when you're sleepy.
- 6** Tomorrow, get up at your usual time. No catching up.

What time is it? None of your business, honey.

My house rules

Your routine, in your own handwriting.

My wake-up time

My bedtime (when sleepy, around)

My caffeine cutoff

My screen line

My three wind-down steps, in order

1

2

3

My go-to for 3 a.m.

My three non-negotiables

1

2

3

Rules you write yourself are the ones you keep. — June

PRINT ME • FILL IN EVERY MORNING

My 30-night tracker • 1–15

Tick the night's step, jot down roughly when you went to bed and got up, how many times you woke, and rate your sleep from 1 to 10.

#	TONIGHT'S STEP	DONE	IN BED	UP AT	WOKE (x)	SCORE
1	Pick your anchor	☐	_____	_____	_____	_____
2	Phone sleeps out	☐	_____	_____	_____	_____
3	Nine o'clock line	☐	_____	_____	_____	_____
4	Cool, dark, quiet	☐	_____	_____	_____	_____
5	Bed is for sleeping	☐	_____	_____	_____	_____
6	Ten slow minutes	☐	_____	_____	_____	_____
7	Week 1 review	☐	_____	_____	_____	_____
8	Morning light	☐	_____	_____	_____	_____
9	Water, light, coffee	☐	_____	_____	_____	_____
10	Caffeine cutoff	☐	_____	_____	_____	_____
11	Supper & nightcap	☐	_____	_____	_____	_____
12	Move in the daytime	☐	_____	_____	_____	_____
13	Naps, the right way	☐	_____	_____	_____	_____
14	Week 2 review	☐	_____	_____	_____	_____
15	Clock faces the wall	☐	_____	_____	_____	_____

My 30-night tracker • 16–30

#	TONIGHT'S STEP	DONE	IN BED	UP AT	WOKE (x)	SCORE
16	Worry appointment	☐	_____	_____	_____	_____
17	Notepad rule	☐	_____	_____	_____	_____
18	Twenty-minute rule	☐	_____	_____	_____	_____
19	Night-nurse breathing	☐	_____	_____	_____	_____
20	Fewer bathroom trips	☐	_____	_____	_____	_____
21	Week 3 review	☐	_____	_____	_____	_____
22	House rules	☐	_____	_____	_____	_____
23	Weekends	☐	_____	_____	_____	_____
24	Bad night rescue	☐	_____	_____	_____	_____
25	Travel & holidays	☐	_____	_____	_____	_____
26	Sharing the bed	☐	_____	_____	_____	_____
27	Screens, smarter	☐	_____	_____	_____	_____
28	Stressful days	☐	_____	_____	_____	_____
29	30-day review	☐	_____	_____	_____	_____
30	Keep the lights low	☐	_____	_____	_____	_____

Aim for more ticks than last week, not a perfect page. — June



FILL IN ON NIGHT 29

My 30-day review

My average sleep score

WEEK 1

WEEK 2

WEEK 3

WEEK 4

What changed for me

The three habits that mattered most

- 1

- 2

- 3

A note to myself for a bad week

PLEASE READ

When to talk to a doctor

This program is about everyday sleep habits. It isn't a treatment for sleep disorders.

Please talk to a doctor if:

- trouble sleeping happens three or more nights a week for more than three months;
- you snore loudly, gasp or choke, or someone has seen you stop breathing in your sleep;
- you nod off during the day without meaning to, especially while driving;
- you have an urge to move your legs in the evening that keeps you awake;
- low mood, anxiety or pain is keeping you up;
- you take medication and wonder whether it affects your sleep.

Asking for help is the strong move, not the weak one. — June

Want June to talk you down at night?

June's Sleep Kit adds a 10-minute wind-down audio in her voice, the printable evening ritual card and a bedroom checklist.

Coming soon. Watch your inbox, honey.

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