

A simple 48 hour, CR Reset.

CIRCADIAN RHYTHM RESET.

Your Purpose:

Reset optimum circadian rhythm;

- ✓ Fall to sleep within 3 minutes.
- ✓ Hold an uninterrupted deep sleep for 6-8 hours.
- ✓ If interrupted, return to a deep sleep within 1 minute.

Special Note:

- Be certain to include the CR Reset Preparation tips.
- The simplified CR Reboot can be practised at zero expense.
- I encourage reviewing Brad Pamp's more detailed CR Reset for your interest.

PART ONE – PREPARATION

Before Starting.

#	CR PREPARATION	
1	Wash ALL linen – this includes your pillowcase. <ul style="list-style-type: none">○ Ideally, air drying.	
2	Seasonally permitting – place both your mattress & pillow in direct sunlight for the day. <ul style="list-style-type: none">○ UV Rays & Vitamin D are super bed mite killers.	
3	Prepare your bedroom for ultimate darkness. <ul style="list-style-type: none">○ Cover ALL (blue) lights.○ Prevent curtain gap light – consider blue tac.	
4	Vacuum your bedroom – wiping down all surfaces (bedhead etc). <ul style="list-style-type: none">○ Natural cleaning products like ZeroCo are best.	

5	Seasonally permitting – allow for (bedroom) natural airflow throughout the day.	
6	Consider BP CR Reset sleeping supporting aids you feel may help your reset. <ul style="list-style-type: none"> ○ Use the weblinks to consider your supports and purchases. 	

PART TWO – YOUR CR RESET CHECKLIST

#	The Action	The Reason
1	Set your alarm 15 minutes earlier than usual.	To reach ultimate sleep later tonight, we need both your mind and body in desperate need of restful sleep.
2	Warming up Exercise.	Get moving. We need loosening up! Warm up your muscles and joints, increase your blood flow and sharpen up your neural sharpness. A quick 10-minute walk followed by a set of push up and sit-ups will do the trick.
3	Hit the shower. And finish with a cold zap.	Before leaving the shower, give yourself a cold water zap. This practice, while unpleasant, will send your positive mind into the stratosphere.
4	Gut-friendly Breakfast.	Consider plain old oats (porridge), some fruit, and a dash of honey. Finish up with a coffee to go, and you're on the charge.
5	CR Reset LAWS.	Minimise refined sugar, Avoid alcohol. Moderate caffeine.
6	Read a hard copy while in bed.	Avoid screens later in the evening, preferring reading a hard copy.