

SUPP[RX]
RESOLUTE AI

Sleep Cheatsheet

Simple steps that separate actual rest from another night of bargaining with your ceiling

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DO

Absolute essentials that you cannot skip.

TIP 1

Finish eating 2-3 hours before bed

Digestion keeps your metabolism active. When you eat close to bedtime, blood sugar swings trigger hormones like adrenaline and cortisol, which are designed to wake you up. Your body is left with conflicting instructions: wind down or stay alert. And it can't do both.



TIP 2

Cut caffeine 10 hours before bed

Caffeine blocks the receptors where your natural sleep signal (adenosine) needs to dock and has a half-life of 5-6 hours. That means if you drink coffee at 2pm, half of it is in your system at 8pm, a quarter still at 2am. And your brain's left puzzled, not knowing if it's time to rest.

TIP 3

No screens 1 hour before bed

Your brain has a simple rule: blue light wavelengths mean daytime, so stay alert. It evolved this way for millions of years before screens existed. So, when you look at your phone an hour before bed, your brain can't tell the difference between real and artificial light; it just registers the wavelength and shuts down melatonin production.



TIP 4

Same bedtime, same wake time. Every day.

When you go to bed and wake up at the same time daily, your body catches the pattern and learns the schedule. It starts preparing for sleep before you even lie down, lowering your temperature and releasing melatonin. Irregular timing confuses these signals, while consistency makes sleep easier to find.

TRY

Add-ons that make sleep easier to find.



TIP 1

Bring room temperature to 18-22°C

Why

Falling asleep requires your body temperature to drop slightly. When your room is too warm, it wastes energy trying to cool down instead of transitioning into sleep mode. Cool the room, and the wind-down kicks in naturally.

How

Adjust your fan and/or AC. Open windows for ventilation. Choose breathable bedding materials (preferably organic cotton) that don't trap heat against your skin.

TIP 2

Spend more time in natural, full-spectrum sunlight

Why

Light is your most important environmental cue to keep your circadian clock synced. Blue spectrum light during the day (especially early in the morning) anchors alertness and sets up proper melatonin production later.

How

Take a 15-minute walk outside daily, ideally in the morning. Set up your workstation next to a window. Avoid blue light blockers during the day when you're trying to anchor your rhythm.





TIP 3

Add tryptophan-rich foods to your diet

Why

Your body makes melatonin from tryptophan through a multi-step conversion process: First tryptophan becomes 5-HTP, then serotonin, then finally melatonin. Eat tryptophan-rich foods and you supply the raw material your brain needs to produce the sleep hormone naturally.

How

Eat these 1-2 hours before bed: white or brown rice, banana (not overripe), pumpkin seeds, chicken, eggs, nuts, whole grains, lentils, sesame seeds, sunflower seeds, white fish, avocado.

Bonus: Vitamin B6 and calcium act as helpers in the tryptophan-to-melatonin conversion. Opt for eggs or dairy (which contain all three), and you support the full pathway.

TIP 4

Relax with a warm bath or shower

A warm bath or shower sends blood flow to your skin, helping your body release core heat. After you get out, your temperature naturally drops, mimicking what happens when you're falling asleep. The heat also releases muscle tension, which signals your nervous system to shift out of alert mode.

Bonus: Add magnesium chloride or Epsom salt to the bath. Magnesium acts as a mild sedative by modulating GABA receptors and can be absorbed through the skin.

BUY

Tactical purchases that can be game-changing for your sleep.

TIP 1

Chamomile tea (400-1600 mg at bedtime)

Chamomile works on GABA, the main chemical your brain uses to reduce brain activity and calm down. Chamomile enhances this process by binding to the same receptors, giving the system a boost when you need it most.

Bonus: Pair with soothing soundscapes. The combination of GABA support and auditory cues creates a stronger wind-down signal.



TIP 2

Blackout curtains

Why

Even dim light reduces melatonin production. That hallway light seeping under your door? It's sending your brain a "stay alert" signal. You might not consciously notice it, but your biology does. Complete darkness removes these mixed signals and lets melatonin do its job all night.

Alternatively

If you don't want to install blackout curtains, use a sleep mask. Look for ones that don't put pressure on your eyes and fit your face properly.



TIP 3

Earplugs

Your brain stays partially alert to sounds even while you're asleep. When it hears something that might need attention (traffic noise, phone notifications) it breaks up the continuous deep sleep and REM your body needs. The next morning, you feel unrested even though you "slept through the night."

Bonus: Look for earplugs that reduce between 20-33 dB of noise. Foam earplugs are cheap but uncomfortable. Silicone or wax earplugs mold to your ear canal and work better for side sleepers.



TIP 4

The right supplements

Most people buy magnesium because the internet says it helps sleep. Then add melatonin. Then L-theanine from a podcast. Three months later, they're still awake at midnight with no idea what's actually working.



SUPP[Rx]

POWERED BY RESOLUTE AI

Sleep supplements fail when they're chosen without understanding why your sleep is broken.

Supp[Rx] shows you exactly what's missing:

- AI analyses your blood test report + habits & lifestyle (when you eat, how you wind down, stress patterns)
- A clinical team (doctor, pharmacologist, nutritionist) vets the recommendations
- You get a personalised blueprint with the specific supplements, dosages, timing for your biology
- [No recent blood test? Try our Complete plan: At-home blood test (66+ essential biomarkers) + your Supp[Rx] blueprint.]

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