THE BETTER NIGHT RESET

A practical sleep guide for women 50+



Start with these four steps

1. Name the main problem

Falling asleep, waking during the night, heat or partner snoring. If several apply, choose the one disturbing you most.

2. Pick one daytime habit

Choose a roughly steady getting-up time, or an earlier last caffeinated drink. Keep it realistic for your work and health.

3. Choose the matching night plan

Use the page finder opposite. Set up what you need while you are awake and can think clearly.

4. Make a short morning note

Write what you tried, what disturbed you and how you feel. An estimate is enough. You do not need to watch the clock overnight.

Keep it simple

Keep your chosen plan for the week unless it causes discomfort, is impractical or a symptom needs medical attention.

Have the conversation before bedtime

Words you can use

I keep waking when you snore, and I am struggling the next day. I want us both to sleep. Can we agree what to do tonight and whether you need a sleep check?

Choose the practical arrangement

For example: start in the same room; use the agreed sound option; move to the prepared spare bed if the disturbance continues.

Make any move easy

Put bedding, water and anything you need in place beforehand. Avoid turning a night-time move into a household job.

Agree the follow-up

If breathing pauses or gasping have been noticed, arrange the medical conversation. A quieter night for you does not settle that question.

Use a plan that fits your home and responsibilities. There is no requirement to share the same bed every night.

Further reading: S12, S13 (pages 40-41)