

30-DAY SLEEP RECOVERY PLAN

Your step-by-step guide to deeper, restorative sleep



Because better sleep doesn't just change your nights
it transforms your days.





Introduction

WELLNESS AND SLEEP

This workbook is your companion for a complete 30-day sleep reset, guiding you step by step to rebuild healthier routines, calm your mind, and restore natural rhythms. It combines proven lifestyle strategies with Smart Stack's evidence-based supplements, giving you the structure and support needed to make real changes.

By following the plan, you'll learn how small adjustments, like evening rituals and targeted nutrition, can transform your nights from restless to restorative, leaving you more energised, focused, and ready to thrive.

Sleep is often overlooked in wellness, yet it is the foundation of health, energy, and performance. In the UK, 1 in 3 adults are chronically sleep-deprived (Mental Health UK), and poor sleep costs the economy over £40 billion annually (Rand Europe).

Section 1

SETTING YOUR GOALS

Some clear, simple steps each week that will guide you from restless nights to restorative sleep. Let's set the foundation for your 30-day reset.

WEEK ONE – RESET FOUNDATIONS

ACTION PLAN

Set a consistent bedtime and wake-up time. Remove screens an hour before bed and begin using one of our recommended Sleep & Relaxation Stacks to support your reset.

WEEK TWO – CALM THE MIND

ACTION PLAN

Introduce a simple evening ritual such as journaling, stretching, or chamomile tea. Consistent magnesium support from our stacks helps reduce restlessness and prepare the body for rest.

WEEK THREE – DEEPEN SLEEP

ACTION PLAN

Optimise your environment, keep your room dark, cool, and quiet. Magnesium, combined with calming botanicals, works in synergy to encourage deeper, more restorative sleep.

WEEK FOUR – LOCK IN HABITS

ACTION PLAN

Maintain your new sleep routine, track improvements in energy and focus, and continue nightly magnesium-rich support with your chosen Smart Stack. Celebrate the progress you've made in just 30 days.

Section 2

LET'S ASSESS

Rate how often these statements are true for you. This will help you track progress across the next 30 days.

How will you rate the following		Never	Rarely	Sometimes	Always
PHYSICAL	I get 7-8 hours of sleep most nights	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I fall asleep within 30 minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I wake up feeling refreshed and energised	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I avoid caffeine & big meals before bed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	My sleep environment is dark, cool, & quiet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following		Never	Rarely	Sometimes	Always
EMOTIONAL	I can relax & switch off my mind before bed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I manage stress in healthy ways during the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I wake up with a positive mood and outlook	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I feel calm and balanced in the evenings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 3

PLANNING AHEAD

Mapping out your next 30 days with simple weekly steps. Each stage builds momentum, helping you move closer to calm, restorative sleep.



1

Week One – Reset Foundations

Start with consistency. Set a fixed bedtime and wake-up time, reduce screens in the evening, and begin using one of our recommended Sleep & Relaxation Stacks to support your reset.



2

Week Two – Calm the Mind

Add simple calming rituals like stretching, journaling, or chamomile tea. Magnesium in our stacks works alongside these habits to reduce restlessness and prepare your body for rest.



3

Week Three – Deepen Sleep

Focus on quality. Keep your room cool, dark, and quiet while supporting deeper recovery with magnesium and natural botanicals designed to promote restorative sleep.



4

Week Four – Lock In Habits

By now, you'll notice real progress. Maintain your nightly routine, continue your chosen stack consistently, and track how your energy and focus improve each morning.

Section 4

CHECKLIST

Physical activities for each week

- Get 7 hours of sleep per night
- Eat healthy food and snacks
- Exercise and/or go for a walk
- Enjoy stillness and/or meditate
- Avoid caffeine after lunchtime

Emotional activities for each week

- Keep a simple journal before bed
- Listen to calming music before bed
- Spend time with family/friends
- Practice meditation (5-10mins)
- Finish your day with a calming activity you enjoy. (Reading/Yoga)



Use this checklist each week to stay consistent and build healthy sleep habits. The small actions you take every day, from evening routines to emotional resets, will add up to big improvements in your sleep by the end of your 30 days sleep plan.



Section 5

REFLECTIONS

Take a few minutes each week to pause and reflect on your progress. These reflections will help you notice positive changes, identify challenges, and celebrate the small wins that lead to better sleep

1 What changes did I make to my bedtime and wake-up routine, and how did they affect my sleep?

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2 Which calming rituals or habits helped me relax most in the evenings this week?

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3 In what ways has the quality and depth of my sleep improved compared to previous weeks?

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4 How do I feel different in the mornings now, and what positive changes have I noticed in my daily energy and focus?

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Section 6

SMART STACK CHOICES

Explore our recommended stacks for your 30-day reset. Each contains magnesium plus powerful natural ingredients to help you sleep better.

Dream State Stack

- HERO Supplement Montmorency Cherry – 500mg
- Magnesium (as Glycinate) – 300mg
- L-Tryptophan – 250mg
- [Link to Dream State](#)



Lights Out Stack

- HERO Supplement Magnesium - 300mg
- L-Theanine – 200mg
- 5-HTP – 100mg
- [Link to Lights Out](#)



Midnight Magic Stack

- HERO Supplement Lemon Balm Extract 500mg
- Magnesium (as Glycinate) – 300mg
- L-Tryptophan – 250mg
- [Link to Midnight Magic](#)



Power Down Stack

- HERO Supplement – L-Theanine – 400mg
- Chamomile Extract – 350mg
- Magnesium (as Glycinate) – 300mg
- [Link to Power Down](#)



My notes

A series of 18 horizontal dotted lines for writing notes.

About SMART STACK

At Smart Stack, we believe that better health comes from smart combinations of supplements, carefully formulated to work in harmony with your body. Instead of taking multiple products in isolation, we create targeted stacks designed to complement each other and deliver maximum results.



All of our supplements are UK-made, filler-free, and science-backed, giving you peace of mind. Whether you want to improve sleep, reduce stress, boost focus, or support long-term wellness, there's a Smart Stack for you.

The idea behind Smart Stack is simple: people deserve smarter, easier choices. No confusion, no guesswork, just proven blends that save time, money, and effort while delivering real benefits you can feel.

Better health doesn't come from one capsule alone, it comes from the smart way you stack them together.



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