



MYVITAMINS

sleep training plan

A 4 week plan designed to help you build personalised, lasting sleep habits for better energy, recovery and improved wellbeing.



top sleep tips from

Silentnight's sleep specialist

Dr Holly Milling

A structured approach like the Sleep Training Plan helps people build healthier sleep habits.



As a sleep specialist, I'm delighted to see a plan to help you value and nurture your sleep health. Across the 30 days, Silentnight and Myvitamins have suggested fun, practical ideas you can try over the next 30 days to look after your sleep and recharge!

Dr Holly Milling
Silentnight's sleep specialist

Here are my thoughts on how you can make the most of your sleep, along with the suggestions provided by Silentnight and Myvitamins over the next 30 days:

Remember, our sleep health is as individual as we all are: there's no 'one-size-fits-all' approach to sleep health, so use the next 30 days to discover the best way to look after your sleep. Remember, what works best for you might end up being very different from someone else's.

Sleep loves consistency: many of the tips suggested over the next month work best when practised regularly.

Daytime habits matter! Don't be surprised if a lot of the suggestions focus on what you do during the day. Sticking to a regular wake-up time, getting morning light, and staying active can all strengthen your circadian rhythm, leading to better sleep at night. The key is consistency!

If you've been struggling to fall or stay asleep for more than three months, or you're constantly waking up feeling unrefreshed from sleep, do have a chat with your GP or healthcare provider. There may be an underlying sleep disorder that needs specialist support.

If you're one of the lucky few for whom sleep is working well and you're waking up refreshed each day, ignore all of this and don't change a thing!



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sleep training plan

how to use this plan

follow the nightly focus




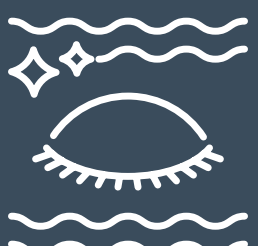
Aim to complete the sleep challenge each day.

track progress

Journal how you feel & tweak based on what works best. Sleep is personal so what works for you may not work for others.

build your routine

By the end of 4 weeks, you'll have a personalised, optimised sleep plan.

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
<div></div> <div>week one: reset your sleep cycle Build a strong sleep-wake rhythm.</div>	Sleep loves routine, so establish a fixed bedtime & wake-up time that works for your schedule (aiming to achieve 7-9 hours).	Regulate your circadian rhythm by getting 10+ mins of morning sunlight.	Stop caffeine intake after 2 PM. Caffeine can take up to 10 hours to fully leave the body, delaying melatonin production.	Try a 30-60 minute wind-down routine: <ul style="list-style-type: none">Reduce blue light exposureGentle stretching, journaling or readingTry meditation or breathwork	Reduce screen time 1 hour before bed.	Maintain your sleep schedule, even on weekends! A consistent routine helps your body optimise deep sleep, leading to better recovery and energy.	Keep your bedroom cool, dark & clutter-free to help the brain associate your sleep space with rest and relaxation.
<div></div> <div>week two: deepen relaxation & recovery Boost night time relaxation for deeper sleep.</div>	When paired with a steady sleep routine, natural supplements can enhance relaxation. Listen to your body and explore what works best for you.	Take a warm bath/shower 60-90 mins before bed. Cooling down after a warm bath naturally triggers the sleep hormone, melatonin.	No heavy meals or alcohol 2 hours before sleep. Eating too close to bedtime gets your body working, instead of resting.	Try a calming, non-caffinated herbal tea 30-60 minutes before bed to promote sleepiness.	Mask out background noises by playing white noise or nature sounds. This is also great for quietening overactive thoughts.	Quiet your mind by trying 10 mins of breathwork or guided meditation to help lower cortisol levels.	You're halfway through! Reflect on your journey so far and highlight challenges that have worked for you, and discard those that haven't.
<div></div> <div>week three: maximise sleep efficiency Eliminate disruptions & improve deep sleep.</div>	Light exposure in the night, can interrupt sleep quality by interfering with the body's sleep cycles. Block all light with an eye mask or try blackout curtains.	Stop evening work or stress-inducing activities 1 hour before bed. While it may be difficult to call time on the work day, high cognitive activity prevents the mind from relaxing.	Late night scrolling can lead to unintentional sleep procrastination, as well as exposure to excess blue light. Try a digital-free evening with books, art, conversation or outdoor activity.	Give progressive muscle relaxation (PMR) a go. It's a science backed technique to speed up sleep onset, as well as provide full body relaxation.	Your mattress matters! Evaluate your sleep set up and optimise for your preferences. An old mattress can lack support leading to discomfort and increased night-time disturbance.	Weekends can offer opportunity for a day time snooze. If you do nod off, set an alarm for no longer than 20 mins. This keeps you in the lighter stages of sleep so you can wake without grogginess.	Better oxygen flow = deeper sleep. Purify the air in your bedroom by opening the window for ventilation, or why not add an air-purifying plant? Snake plants, peace lilies and aloe vera are great options.
<div></div> <div>week four: lock in long-term sleep habits Personalise & sustain your sleep routine.</div>	Building long term sleep habits is achieved by making sustainable changes. Assess what you've found effective and simple over the last 3 weeks, focussing on progress, not perfection.	Challenge yourself to an unplugged evening.	Your sleeping position affects spinal alignment, breathing and muscle recovery. Consider how you're falling asleep and try something new.	As the evenings get lighter, spend 10 minutes outside to trigger melatonin production naturally.	Aromatherapy can be known to reduce stress and promote relaxation. Pillow sprays, scented candles or essential oil diffusers are good options.	Why not treat yourself to some fresh bedding to enhance comfort? Go for natural fibres like cotton or linen to maintain a cool temperature and a soft feel against your skin.	Congratulations, you've completed the Sleep Training Plan. Reflect on your journey - what have you noticed? What will you continue?



recommend

lift by Silentnight

Experience a deeper, more restorative sleep with Lift's Intense™ technology, designed to reduce stress and enhance relaxation. Infused with woven carbon, this advanced sleep surface helps discharge static electricity that builds up throughout the day.

Too much static can elevate cortisol levels, the stress hormone that disrupts sleep. By neutralizing static and lowering cortisol, Intense™ helps you unwind faster, relax more deeply, and sleep longer—so you wake up feeling truly refreshed.

lift
by Silentnight



eco comfort
airmesh

eco comfort airmesh™

Drift into a cooler, more comfortable sleep with Airmesh™, designed for breathability and freshness all night long. It's innovative three-dimensional honeycomb construction enhances airflow, keeping your bed feeling light and airy.

Wrapped in soft-to-the-touch COOLMAX® fabric, it actively wicks away moisture and reduces humidity, so you stay cool from the moment you lie down. And with an extra layer of luxurious box top padding, it gently cushions pressure points for a deeper, more restful sleep.



supportive pillow

Over time, pillows lose their shape and can no longer provide the right level of comfort, leading to neck pain and restless nights.

A fresh, supportive pillow ensures proper spinal alignment, improving your comfort and helping you to fall asleep quicker.

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recommend

sleep capsules

A natural blend designed for restful sleep, featuring magnesium bisglycinate, Montmorency cherry, lemon balm, L-tryptophan, and L-theanine. Magnesium fights fatigue, while vitamin B6 supports hormone balance for better sleep.



magnesium gummies

Magnesium supports relaxation by regulating GABA, calming the nervous system, and promoting deep sleep. It also eases muscle tension and helps lower cortisol.



ashwagandha

This powerful adaptogen reduces stress and anxiety, promoting a calmer mind for easier sleep. Studies suggest it may also improve sleep onset and duration.



zinc & magnesium

A key mineral duo for daily wellness—magnesium helps reduce tiredness and fatigue, keeping you refreshed.



reishi mushroom

Traditionally used for stress relief, Reishi may support relaxation and sleep, though research is still evolving.

