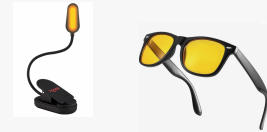


Reset Preparation Checklist

JUMPSTART MODULE

- Set up a Cozy Nook** that is as comfortable, relaxing and as easy to access as possible. If you need inspiration, refer to these [Cozy Nook & Sleep Kit Ideas](#).
- Set up a Sleep Kit** that contains activities that are interesting enough to hold your attention but do not activate you.
- Set up your Light Environment**
 - Purchase [amber-tinted blue light blocking glasses](#)
 - Purchase an [amber tinted reading light](#)
 - Optional:* Purchase other helpful light products (see the [products page](#)) Ex. a bright light source for the morning, an eye mask, blackout products, amber nightlights, lightbulbs, etc.
 - Set **blue-light filters** on all devices to start 3-5 hours before sleep and to end at your wake-up time
 - Use the other light strategies mentioned in the video



AUTOMATE MODULE

- Create a first version of your **Bedtime Routine** (or use the audio)
- Create the first version of your **Wake-Up Plan**
- Create the first version and of your **Can't Sleep Plan**
- If needed: Morning Routine, Evening Routine/Checklist, Daytime Routine
- Review the Reduce Tech Checklist

OTHER PREPARATIONS

- Test and fine tune** the Jumpstart and Automate Strategies
- Create **cheat sheets** and try the **audio**
- Decide on the **timing of the Reset**
- Request Visit #2** with your MD to finalize and start the Reset (video walk through in FAQs)
- Speak with others and set up **accountability/support**
- Put the Reset in your **calendar and schedule**
- Optimize **temperature and noise**
- Optional:* make a plan for increase physical activity during the Reset
- Optional:* make a plan to address activating substances, food & drink during the Reset