



Guide to Sleep

A COMPLIMENTARY GUIDE

The one habit we all take for granted, and
simple ways to protect it.

WHAT'S INSIDE

Two chapters, five things that help, and one of them to protect for a week.

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How to read this guide

Read the lead paragraph of each chapter first. If you only have five minutes, those sentences are the guide. Come back for the detail when you're ready to act on it.

What you'll leave with

An honest reason sleep keeps losing, five ordinary changes that work, and one of them chosen and protected for seven nights.

WELCOME

A NOTE FROM CAROLINE

Sleep is the thing we all quietly agree to sacrifice first. Not food, not exercise, sleep.



It's the one hour we'll happily give up to finish an email, watch one more episode, or scroll a bit longer than we meant to. We treat it as flexible, when it's actually the thing everything else depends on.

I've done it myself for years, worn a bad night like a badge of honour, as though tiredness proved I was working hard enough. It doesn't. It just means the next day is harder than it needed to be.

This guide isn't about chasing eight perfect hours or turning your bedroom into a laboratory. It's about a few small, ordinary changes that make the sleep you do get count for more.

Sleep isn't the reward for a well-run day. It's what makes the next one possible.

CAROLINE CARY · FOUNDER, EAT NOURISH LOVE

Caroline x

BEFORE YOU BEGIN

Change one thing tonight, not five. That's the whole method.

Who is it for?

Anyone who functions on less sleep than they'd like and has stopped noticing the cost. You don't need a tracker, an app or a new mattress to start.

How long will it take?

Ten minutes to read. One change tonight. Seven nights before you judge whether it helped.

Quick-start idea

Tonight, do one thing differently: put your phone to charge outside the bedroom. Notice what that one change alone does to how you fall asleep.

Worth reading

Why We Sleep by Matthew Walker. It's the book that made me stop treating sleep as optional. He makes the case, clearly and without scaremongering, for why it deserves the same respect we give food and exercise, and not a moment less.

WHY WE LET IT SLIDE

Sleep doesn't shout for attention the way hunger does.

You can ignore a bad night and still function, more or less, which is exactly why it's so easy to keep shortchanging it.

The cost doesn't show up immediately. It shows up as the fuse that's a little shorter, the patience that runs out a little sooner, the decision that takes longer than it should.

Why it matters

Nothing else on your list, the business, the family, the exercise, the eating well, works properly on the back of bad sleep. It's not one habit among many. It's the one that makes all the others easier or harder.

Ask yourself

If I treated my sleep with the same seriousness I treat my first meeting of the day, what would I actually change tonight?

Caroline's tip

Stop aiming for a perfect eight hours and start aiming for a consistent bedtime. Going to bed and waking at roughly the same time, even on weekends, does more than an occasional early night ever will.

WHAT ACTUALLY HELPS

Five changes, all ordinary, all free. None of them require a gadget.

01 The evening wind-down

Give yourself twenty minutes before bed with no screen. Read, stretch, sit quietly, anything that tells your body the day is actually finishing.

02 Daylight, especially in the morning

Get outside within the first hour of waking if you can. Morning light does more for your body clock than almost anything you do in the evening.

03 Caffeine, earlier than you think

If you're still feeling it at 3pm, it's probably still in your system at 10pm. Try moving your last coffee to midday for a week and notice the difference.

04 A cool, dark room

Simple, unglamorous, and one of the most effective changes available. Blackout curtains and a slightly cooler room than feels natural do more than any gadget.

05 Write it down instead of turning it over

If your mind starts working through tomorrow's list the moment your head hits the pillow, keep a notepad by the bed. Get it out of your head and onto paper, then let it wait until morning.

Pick one, and give it a week

Pick one of these, not all five, and give it a proper week before judging whether it's helped.

TRY THIS

Choose your one

- ☐ Twenty screen-free minutes before bed
- ☐ Daylight within the first hour of waking
- ☐ Last coffee at midday
- ☐ A cooler, darker room
- ☐ Notepad by the bed instead of turning it over

A simple check-in

01 What time did I actually go to bed, and was it close to yesterday?

02 What's the last thing I did before sleep, and did it help or hinder?

03 How did I actually feel this morning, not just how many hours I got?

SEVEN NIGHTS, ONE CHANGE

For seven nights, protect one thing. Just one.

- ☐ Your phone stays outside the bedroom.
- ☐ Or your last coffee moves to midday.
- ☐ Or your wind-down starts twenty minutes earlier.

Your challenge

Notice how you feel by the end of the week, not just how you slept. The fuse, the patience, the decisions — that's where a good week shows up first.

About Eat Nourish Love

Eat Nourish Love and the ENL Collective exist to support real, sustainable wellbeing, alongside real, sustainable business. We publish guides like this one, run events through the year, and open doors between the people in our community wherever we can.

Thank you for spending this time with me and this guide. I hope even one part of it helps.

Caroline x



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COME AND JOIN US

I'd love to have you with us.

The ENL Collective is our curated community for founders, brands and people who want to grow, in business and in how they look after themselves along the way. We run events through the year.

Come and say hello on Instagram, and if you'd like more like this straight to your inbox, pop your email in at eatnourishlove.com to join the list.

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