

The 5-Night Sleep Reset

A Vedic-Wisdom, Modern-Science Guide
to Falling Asleep Faster

from Sushupati

Night 1 -- Fix Your Anchor

The Vedic principle

Ayurveda ties erratic sleep to an unsettled Vata dosha -- the energy of movement and change. Vata calms with regularity.

The science

Your circadian rhythm is a 24-hour clock run by the suprachiasmatic nucleus in your brain. It resets based on the CONSISTENCY of your sleep-wake times, not the total hours you get.

Tonight's action

Pick one bedtime and one wake time. Use them tonight -- even if tonight is a "bad" night -- and repeat for the next 4 nights. Don't chase an "ideal" schedule yet; just pick a fixed one.

Night 2 -- Dim Two Hours Early

The Vedic principle

The Kapha period (roughly 6-10pm) is when the body naturally wants to slow down. Fighting it with bright light and stimulation delays the whole system.

The science

Blue-enriched light suppresses melatonin release by signaling to your brain that it's still daytime. Melatonin onset can be delayed by over an hour under normal indoor lighting compared to dim light.

Tonight's action

Two hours before your Night-1 bedtime, switch overhead lights to lamps, and turn your phone to night mode (or better, put it away). Keep everything else the same.

Night 3 -- The Warm-to-Cool Shift

The Vedic principle

A warm Agni (digestive/metabolic fire) supports deep rest -- traditionally supported with a warm bath or warm oil foot massage (Abhyanga) before bed.

The science

Core body temperature needs to drop 1-2F to trigger sleep onset. A warm bath 60-90 minutes before bed paradoxically helps -- it brings blood to the skin's surface, which then radiates heat and speeds the cool-down.

Tonight's action

Take a warm shower or bath 60-90 minutes before your bedtime. If you skip this, try warm (not hot) feet -- socks or a foot soak -- instead.

Night 4 -- Empty the Mind Before the Body

The Vedic principle

Pratyahara -- withdrawal of the senses -- is the step that comes right before deep rest in yogic practice. You can't withdraw from a mind still running tomorrow's to-do list.

The science

Pre-sleep "cognitive offloading" (writing tomorrow's tasks) reduces sleep-onset latency -- people fall asleep faster writing a specific to-do list than journaling about the day just gone.

Tonight's action

Five minutes before lights-out, write tomorrow's top 3 tasks on paper (not your phone). You're not journaling feelings, just offloading the list.

Night 5 -- The Full Stack

Put it together:

1. Same bedtime/wake time as Night 1.
2. Dim lights + phone night mode from Night 2, starting 2 hours before bed.
3. Warm shower/bath 60-90 minutes before bed (Night 3).
4. 5-minute tomorrow's-task list, 5 minutes before lights-out (Night 4).

You now have a complete, repeatable wind-down routine -- built the way habits actually stick: one layer at a time, not all at once.

What's next

Sushupati's Sleep Journal and Sleep Master Plan build on exactly this foundation -- tracking which of these levers moves YOUR sleep, and personalizing the next layer based on your own data.

Open Sushupati: <https://sushupati.in>