

The £20 Sleep Fix

Quick. Low Effort. Extra Effective.

Welcome

Welcome to your circadian reboot. This protocol is built for real people night shifters, tired parents, exhausted professionals anyone ready to reclaim their rhythm.

The first step starts with three tools:

Blue-Blocking Glasses

Red Light Bulb

Grounding Mat (Optional Bonus)

You can start today for under £20.

Evening Protocol (Summer)

After 6 PM:

Put on your blue-blocking glasses. Wear them everywhere.

Yes, it might feel strange at first. Thats a sign its working.

3060 min before bed:

Use your red light (a cheap LED red bulb works fine).

No overhead white or blue light.

Keep your skin away from artificial light as much as possible.

Sit in red light for 510 minutes to wind down.

TIP: Even streetlights, cooker timers, and screens can disrupt your rhythm once youre tuned in. This is proof your body is learning to read the right signals again.

Morning Protocol

Right after waking:

Turn on the red light. Sit in it for 5 minutes. You can take your glasses off here.

Around 11 AM 3 PM (UV window):

Get outside if possible. Short walk. No sunglasses.

Dont overdo it this is light training for your body.

Eyes and chest exposure is enough to start syncing the signal.

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The sky colour is your guide. Let the sun be your advisor.

Grounding & Natural Light

Grounding for just 20 minutes/day may reduce inflammation. (Fact-check encouraged)

Combine it with sky viewing and walking in nature.

Urban sunset walks can sometimes be more disturbing than calming find nature if you can.

Extra Tips

Check for flicker in your home lights using your phones slow-mo camera.

Download a free blue-light filter app on Android to block excess stimulation.

Red LED strip in the bathroom or shower is a game-changer. Cheap and effective.

Track Your Progress

Use our interactive calendar (coming soon) to:

Log your habits daily

Join others in check-ins

See progress across 7 days, 1 month, or longer

If nothing changes after 7 days, return your products. Go back to blue light. But most won't.

Special Note for Shift Workers

Doctors. Nurses. Police. Firefighters. 12-hour night shifts, no sun, disrupted sleep... you need this most.

Glasses protect you from light signals you cant avoid.

Red light can calm the body during breaks or post-shift wind-down.

Even small shifts create big returns.

Real Story: Alexis in the Lab

Alexis worked with rats in a controlled light study. She used red light in the lab but white LED light flooded the hallway.

Even short exposure to mistimed light was enough to disrupt the study.

What does that tell you about your home?

How to Set Up

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1. Glasses Buy affordable amber or red-tinted glasses from Amazon.
2. Red Light Swap in a red LED bulb for your lamp or shower.
3. Grounding Mat (Optional) Search grounding mat UK and read the reviews.

One Move, One Week

Change your light. 7 days. Less than £20. No excuses.