

A SABLE + SAND PROTOCOL

The Sleep Fix Protocol

Twelve weeks. Three phases.
Built from the evidence.

Researched. Practical. Honest.

SECTION 01

Before you begin

Sleep is not a single event. It is an architecture of staged cycles, and most sleep problems are timing problems, not chemistry problems.

What this Protocol is

A twelve week plan in three phases. Foundation (weeks one to four): the circadian anchors and sleep environment changes that reset the body's internal clock. Recalibration (weeks five to eight): targeted supplementation and nervous system work layered onto a stable rhythm. Sustain (weeks nine to twelve): build the permanent evening practice, address what is still disrupting sleep, and confirm the shift.

Who it is for

Adults aged 30 to 55 who have tried the obvious fixes (dark room, no screens, melatonin from the chemist) and still wake exhausted. People who fall asleep fine but wake at 3am. People who sleep seven hours but never feel rested. People whose GP says "your bloods are normal" but whose body disagrees.

Who it is not for

Anyone with diagnosed sleep apnoea (work with your sleep clinic). Anyone on prescription sleep medication without their clinician's input. Pregnancy and breastfeeding. Shift workers whose schedule cannot be adjusted (the Protocol assumes a broadly consistent bedtime). This Protocol is educational and is not a substitute for medical care.

What is included

The full Protocol PDF you are reading. A seven day quick start companion to begin tomorrow morning. A GP conversation letter ready to take to a consultation. A printable symptom tracker. Brand free supplement guidance with the doses the trials actually used.

How long it takes

Twelve weeks. Most people notice easier sleep onset within the first seven to ten days. The circadian reset compounds across phase one. Supplement effects typically show by week four to six. The retest at week twelve confirms what shifted.

Read it once before you start. Then return to week one and follow the structure week by week.

SECTION 02

The science in one page

Sleep is not a single event. It is an architecture of staged cycles, and most sleep problems are timing problems, not chemistry problems.

Sleep is not just hours in bed. It cycles through light, deep, and REM stages roughly every ninety minutes. Deep sleep handles physical repair and immune function. REM handles memory consolidation and emotional regulation. When the architecture breaks, you can spend eight hours in bed and wake as though you slept four. The number of hours is less important than whether those hours contain the right proportions of each stage.

The master clock (the suprachiasmatic nucleus in the hypothalamus) synchronises every cell in the body to a twenty four hour rhythm. It takes its primary cue from light hitting the retina in the morning. When that signal is weak, late, or drowned out by artificial light in the evening, the clock drifts. Melatonin rises too late. Core body temperature drops too late. The whole sequence shifts, and the symptoms people describe (cannot fall asleep, wide awake at 3am, groggy until noon) are the downstream effects of a clock that has lost its anchor.

Melatonin is the molecule most people reach for, but melatonin is the signal, not the fix. The pineal gland synthesises it from serotonin as darkness falls. When the circadian rhythm is misaligned, supplementing melatonin at bedtime is like setting an alarm clock without changing the time zone. It can help in the short term, but the underlying timing problem remains. The body needs its own melatonin cycle restored, not an external dose on top of a broken system.

The real interventions are boring. Morning light. Consistent wake time. Temperature. A protein breakfast that stabilises blood sugar so cortisol does not spike you awake at four in the morning. Evening dimming that lets melatonin rise on its own schedule. Then, and only then, the supplements that support what the body is already trying to do: magnesium for muscle relaxation and GABA activity, L-theanine for alpha wave promotion, glycine for core temperature regulation, apigenin for anxiolytic calm.

This Protocol sequences those interventions across twelve weeks. One per week. Stacked. By week twelve, the architecture is rebuilt and the body remembers how to sleep.

WEEK 1 . PHASE 1

Consistent wake time and morning light

This week

A single timing anchor that resets the master clock. The most important variable in the entire Protocol, and the one that costs nothing.

What you do

- A daily timing anchor applied consistently across seven days, including days off.
- A morning light practice that delivers the primary circadian signal to the retina.
- An adjustment for variable weather conditions so the signal still works.
- A note on what to expect when the first few days feel harder before they feel easier.

Continued in the full Protocol

The full Protocol contains all twelve weeks plus the supplement card, lab tests, the printable symptom tracker, and the GP conversation letter. The seven day quick start sheet is included so you can begin tomorrow morning.

Available at sableandsand.com/protocols/sleep-fix-protocol. One payment of nineteen pounds. Lifetime updates included.