

The 28-day Sunrise Reset

One small action a day for four weeks: sleep, heart, strength, fuel and calm. About ten minutes on most days.

Rise
Week 1 · Light and sleep

Engine
Week 2 · Heart and Zone 2

Strong
Week 3 · Strength and balance

Steady
Week 4 · Fuel and calm

How the Reset works

Twenty-eight days, one action each. Most take ten minutes or less; a few easy sessions take longer. Every day names the guide or tool behind it on sweatlas-hybrid.com, where the sources are listed.

1

One a day

Do the day's action, then tick its box. Missed a day? Do it tomorrow and carry on. The order matters more than the dates.

2

Easy is the point

Every session should feel like you could do a bit more. Stop if something hurts, and talk to your doctor first if you have a condition.

3

Count three numbers

Wake-time mornings, Zone 2 minutes and chair stands. Write them below and watch them move.

Your three numbers

WHAT	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Mornings woken within 30 min of your wake time (of 7)				
Minutes in Zone 2 this week				
Chair stands in 30 seconds (day 15, then day 21)				

Start date _____ **My wake time** _____

Rise

A steady body clock: one wake time, morning light, a calmer evening.

DAY 1 2 MIN

Choose your wake time

Pick one wake time you can keep for the next seven days, weekends included. Set it as your only alarm.

WHY A steady wake time is one of the simplest sleep levers there is. sweatlas-hybrid.com/longevity/tools/sleep-need

DAY 2 10 MIN

Ten minutes of morning light

Within an hour of waking, spend ten minutes outside or at an open window. Face the bright sky, never the sun itself.

WHY Daylight through your eyes sets your body clock. sweatlas-hybrid.com/longevity/guides/sleep

DAY 3 1 MIN

A caffeine cut-off

Count six hours back from your bedtime. That is your last coffee, tea or energy drink of the day.

WHY In a sleep study, caffeine six hours before bed still cut measured sleep, and people did not notice. sweatlas-hybrid.com/longevity/guides/sleep

DAY 4 2 MIN

Set a wind-down alarm

Set a second alarm 30 minutes before bed. When it rings: lights low, phone charging outside the bedroom.

WHY A wind-down that starts at the same time each night gives sleep a steady runway. sweatlas-hybrid.com/longevity/guides/sleep

DAY 5 10 MIN

Dark, cool, quiet

Lie in bed with the lights off and fix one thing: a gap in the curtains, a blinking LED, a noisy window.

WHY Small fixes to the room are the cheapest sleep upgrade you will ever make. sweatlas-hybrid.com/longevity/gear/sleep-kit

DAY 6 3 MIN

Find your bedtime

Work back from your wake time to a bedtime that gives you seven to nine hours in bed asleep, plus time to settle.

WHY Most adults need seven to nine hours, by the National Sleep Foundation's table. sweatlas-hybrid.com/longevity/tools/sleep-need

DAY 7 3 MIN

Week one check-in

Count the mornings you woke within 30 minutes of your chosen time. Write the number down. Keep the alarm.

WHY What you count, you keep. The Reset only asks for one number a week. sweatlas-hybrid.com/longevity/ritual

Engine

Easy, conversational minutes that build the engine everything else runs on.

DAY 8 3 MIN

Find your Zone 2

Work out your Zone 2 heart rate range, then save it on your phone or watch.

WHY Zone 2 is the easy, steady pace that builds your aerobic base. sweatlas-hybrid.com/longevity/tools/zone-2-heart-rate

DAY 9 20 MIN

20 minutes, talk-test easy

Walk briskly, cycle or row for 20 minutes at a pace where you can still speak in full sentences.

WHY Where talking first gets hard lines up closely with the top of steady aerobic effort. sweatlas-hybrid.com/longevity/guides/zone-2-training

DAY 10 2 MIN

Count your steps

Check today's step count before bed. Tomorrow, add a 10-minute walk to beat it.

WHY In pooled cohorts, the lower risk of death levelled off at about 8,000–10,000 steps a day in adults under 60, and 6,000–8,000 from 60. sweatlas-hybrid.com/longevity/blog/how-many-steps-a-day

DAY 11 30 MIN

30 minutes in Zone 2

One longer easy session: 30 minutes in your range. If your heart rate drifts up, slow down rather than stop.

WHY WHO recommends 150–300 minutes of moderate activity a week. This is a fifth of the floor in one go. sweatlas-hybrid.com/longevity/tools/longevity-compass

DAY 12 20 MIN

Four short pick-ups

In an easy 20-minute session, add four 1-minute pick-ups: hard but controlled, with 2 easy minutes after each.

WHY Easy volume plus a little hard work is how the VO2max guide raises it. sweatlas-hybrid.com/longevity/guides/vo2max

DAY 13 3 MIN

Estimate your VO2max

Get a first estimate of your cardiorespiratory fitness. It is your starting line, not a verdict.

WHY Fitness is linked to a longer life, and it is one of the most trainable numbers you have. sweatlas-hybrid.com/longevity/tools/vo2max-estimator

DAY 14 40 MIN

The long easy one

Your longest Zone 2 session of the month: 40 minutes, outside if you can. Then add up this week's minutes.

WHY Easy volume is the base the hard sessions stand on. sweatlas-hybrid.com/longevity/guides/zone-2-training

Strong

Two short full-body sessions, a carry and a test you will want to beat.

DAY 15 3 MIN

Your baseline test

Count how many times you can stand up from a chair and sit back down in 30 seconds, arms crossed. Write it down.

WHY Muscle and strength matter more each decade. You will retest this on day 21.
sweatlas-hybrid.com/longevity/guides/strength-training-with-age

DAY 16 20 MIN

Full body A

Three rounds: 10 sit-to-stands, 8 wall or knee push-ups, 12 hip bridges, then a 30-metre carry with a heavy bag in each hand.

WHY Training guidelines suggest muscle-strengthening work on two or more days a week.
sweatlas-hybrid.com/longevity/guides/strength-training-with-age

DAY 17 4 MIN

Balance on one leg

Brush your teeth standing on one leg: one minute each side, a hand near the sink. Do it again tonight.

WHY From 65, WHO adds varied activity that trains balance. It is easier to keep than to get back.
sweatlas-hybrid.com/longevity/ritual

DAY 18 3 MIN

Strength snacks

Three times today, wherever you are: 10 squats or 10 push-ups. Smooth reps, a couple left in the tank.

WHY A few strong reps spread through the day add up to real volume. sweatlas-hybrid.com/longevity/morning-map

DAY 19 20 MIN

Full body B

Three rounds: 8 split squats a side, 10 band or towel rows, a 20-second plank, a 30-second dead hang or farmer's hold.

WHY Two sessions a week is the line the guidelines draw. This is your second.
sweatlas-hybrid.com/longevity/tools/week-builder

DAY 20 8 MIN

Mobility for the long run

Ten slow cat-cows, a one-minute deep squat hold, ten hip circles each side. Breathe through the nose.

WHY Mobility is easier to keep than to get back. sweatlas-hybrid.com/longevity/ritual

DAY 21 3 MIN

Retest and grin

Repeat the 30-second chair test from day 15. Write the new number next to the old one.

WHY A number that moves in a week is the best reason to keep going. sweatlas-hybrid.com/longevity/tools/fitness-age

Steady

Protein that does its job, a five-minute reset for stress, and a plan for next month.

DAY 22 3 MIN

Your protein target

Work out your daily protein target and split it across three or four meals.

WHY For people who exercise, the ISSN puts the range at 1.4–2.0 g per kg a day, well above the EU minimum.
sweatlas-hybrid.com/longevity/tools/protein-calculator

DAY 23 10 MIN

Protein at breakfast

Make breakfast carry a real serving of protein: eggs, Greek yogurt, cottage cheese, tofu or a shake.

WHY Spreading protein across your meals makes the daily total easier to reach.
sweatlas-hybrid.com/longevity/guides/protein-and-nutrition

DAY 24 5 MIN

Five minutes of cyclic sighing

Two inhales through the nose, one long, slow exhale through the mouth. Repeat for five minutes.

WHY In a one-month randomized trial, five minutes of daily cyclic sighing improved mood.
sweatlas-hybrid.com/longevity/tools/breathing

DAY 25 20 MIN

A walk with no phone

Twenty minutes outside, phone at home or on silent in a pocket. Zone 2 pace if you like.

WHY Easy minutes count twice: toward your activity target and toward a calmer head.
sweatlas-hybrid.com/longevity/guides/stress-and-recovery

DAY 26 5 MIN

Plan an easy week

Look at your next seven days. Mark one day as fully easy: a walk, mobility and an early night.

WHY Hard and easy days together are how training gets absorbed.
sweatlas-hybrid.com/longevity/guides/stress-and-recovery

DAY 27 5 MIN

Build next month

Build a real week of training for your level, days and equipment. Put the sessions in your calendar.

WHY A decided session beats a good intention. sweatlas-hybrid.com/longevity/tools/week-builder

DAY 28 5 MIN

Look back, then up

Read your three numbers: wake-time mornings, Zone 2 minutes, chair stands. Choose the one habit you keep for good.

WHY Twenty-eight small days are a better start than one perfect week.
sweatlas-hybrid.com/longevity/tools/longevity-compass

Keep the one that stuck

Read your three numbers. Pick the one habit you want for good and keep it. When a month needs a reset, start again from day 1.

Build a real training week
sweatlas-hybrid.com/longevity/tools/week-builder

Track the Reset online, with the rising sun
sweatlas-hybrid.com/longevity/sunrise-reset

Today's ten-minute ritual
sweatlas-hybrid.com/longevity/ritual

Calm, useful longevity news, only when there's something worth saying
The Sunrise Letter, in your inbox

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