



Your Sleep, Restored

*Sleeping better, night after night,
with AI as your evening guide.*

10 prompts to understand your nights, build an evening routine that sticks, fall back asleep without ruminating, wake up refreshed and keep a steady rhythm, with nothing to install.

Free for the SYSTINFO community



GOOD TO KNOW

AI guides you, your body sleeps.

Good sleep is not forced, it is prepared. In 2026, assistants (ChatGPT, Gemini, Le Chat) and a wave of sleep-tracking apps can read your nights, build an evening routine and wake you at the right moment. Sleep Cycle even became the first sleep app available inside ChatGPT. Three rules before you start.

- **AI advises, it does not heal**

It helps you sleep better day to day, but sleep that stays disrupted is a matter for a doctor, not an app.

- **It does not measure everything**

A phone estimates your nights, it does not diagnose them. Give it how you feel, not only numbers.

- **Your nights are yours**

No sensitive health details or ID documents in the AI. Describe your sleep, nothing more.

The right reflex: one single change, held for a week, beats ten good resolutions.

systinfo.org · systinfo.ai · blog.systinfo.ai



THE METHOD

Ten prompts, five steps.

No technical skill required. These 10 prompts take you from a night you endure to sleep you own again: understand your nights, prepare the evening, fall asleep, wake up refreshed and hold the rhythm. Change the brackets to fit your case.

*Every prompt follows the same recipe: Role, Context, Task, Format.
Copy the structure, change the brackets.*

01 Understand your nights

· 2 prompts

02 Prepare the evening

· 2 prompts

03 Fall asleep faster

· 2 prompts

04 Wake up refreshed

· 2 prompts

05 Hold the rhythm

· 2 prompts



The True Picture

PROMPT TO COPY

Role: you are a sleep specialist who starts from daily life, not machines.

Context: I sleep badly now: [long to fall asleep, night waking, tired on waking].

Task: ask me a few simple questions, then tell me what is likely hurting my nights.

Format: three likely causes ranked, and the first lever to try tonight.

What you get

A common-sense diagnosis, no jargon. You finally know where to grab your nights.



The Diary Decoded

PROMPT TO COPY

Role: you are an analyst who reads a sleep diary without drowning me in numbers.

Context: here are my last [7] nights: bedtime, wake-ups, rising time and morning energy.

Task: spot the patterns and the link between my evenings and the quality of my nights.

Format: three clear findings, one evening habit to keep, one to change.

What you get

Your nights made clear. You see what truly helps and what keeps you awake.



The Evening Routine

PROMPT TO COPY

Role: you are a coach who designs simple, realistic evening routines.

Context: my evenings are [busy, in front of a screen] and I go to bed with no transition.

Task: suggest a short routine to drift gently toward sleep.

Format: a sequence of 4 moves over 30 minutes, fitted to my bedtime.

What you get

A buffer between day and night. The body learns that it is time to slow down.



The Calm Bedroom

PROMPT TO COPY

Role: you are an expert who turns a bedroom into a place made for sleep.

Context: my bedroom is [too bright, noisy, warm] and I sleep badly in it.

Task: tell me what to change first, from free fixes to a small purchase.

Format: three immediate free tweaks, two upgrades to plan for later.

What you get

A setting that invites rest. Better sleep starts with the room you sleep in.



The Quiet Mind

PROMPT TO COPY

Role: you are a guide who helps calm a racing mind at bedtime.

Context: once in bed, I keep replaying [my day, my to-do] and cannot switch off.

Task: guide me to empty my head before sleep, no screen, in a few minutes.

Format: a short 5-minute written ritual, and one phrase to repeat to let go.

What you get

The mind set down before the pillow. Thoughts wait for tomorrow, you sleep tonight.



Back To Sleep

PROMPT TO COPY

Role: you are a specialist of night waking who helps me fall back asleep calmly.

Context: I wake around [3 a.m.] and lie there watching the clock.

Task: give me what to do when I wake, without turning on my phone.

Format: three steps in order, and the golden rule to not make the waking worse.

What you get

A clear plan for the night. A wake-up stops turning into a sleepless night.



The Easy Morning

PROMPT TO COPY

Role: you are a morning coach who makes waking regular and less brutal.

Context: I struggle to get up at [time] and I snooze the alarm several times.

Task: help me build a steady wake-up that gets me going gently.

Format: a fixed rising time, three moves for the first 10 minutes, light included.

What you get

Clearer mornings. A steady wake-up, and the whole day benefits.



The Night Recovered

PROMPT TO COPY

Role: you are an expert who helps recover after a bad night, without breaking everything.

Context: I [slept badly] and must get through a [busy] day without collapsing.

Task: tell me how to recover during the day without wrecking the next night.

Format: a well-placed nap (length and cutoff time), and three reflexes to hold on.

What you get

A bad night with no ruined day after. You recover without upsetting the evening.



The Steady Rhythm

PROMPT TO COPY

Role: you are a rhythm specialist who helps keep sleep regular.

Context: my hours scatter between weekdays and [weekends, travel].

Task: help me stabilize my bedtime and rising time, even on days off.

Format: a bedtime and rising window to hold, and how to catch up after a shift.

What you get

A rhythm that holds all week. Regularity does more than the occasional long night.



The Warning Sign

PROMPT TO COPY

Role: you are a careful marker who tells a rough patch from a real problem.

Context: despite my efforts, [I have slept badly for weeks, I doze off in the day].

Task: help me see if this is passing or if I should see a professional.

Format: the signals that should alert me, and how to prepare the doctor's visit.

What you get

The clear limit of self-help. You know where AI stops and the doctor begins.



THANK YOU · YOUR TURN



One sentence, a big thank you.

These cards are offered to you, with no ads. Our only reward is your appreciation.

Give us 30 seconds

Take a moment to thank us on one of our networks. A public word, even a short one, keeps us going and helps us support you, tip after tip.

Scan to join us and say thank you



WhatsApp



Mattermost



LinkedIn



Facebook