



Read This When... You Can't Fall Asleep

Your 5-Minute Emergency Reset for Your Brain

It's okay to lie awake. This is your three-part plan to quiet your mind and drift off naturally.

Difficulty sleeping is not a failure; it's a natural signal that your nervous system is overstimulated and your thoughts are racing. This isn't about forcing sleep—it's about helping your body and mind relax enough to let sleep come.

| Rx Part 1: | Goal: | Action: |
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| The 60-Second Nervous System Reset | Calm your body so sleep can happen naturally. | <ul style="list-style-type: none">• Lie on your back, arms by your sides.• Practice 4-7-8 Breathing: Inhale 4, Hold 7, Exhale 8.• Repeat 4 times. |
| Rx Part 2: The Worry Dump | Clear your mind of racing thoughts. | <ul style="list-style-type: none">• Keep a notebook by your bed.• Write down any thoughts, worries, or to-dos keeping you awake.• Don't judge or organize. Just get them out. |
| Rx Part 3: The Micro-Moment of Sleep Prep | Signal your brain that it's safe to rest. | <ul style="list-style-type: none">• Choose ONE tiny action to prepare for sleep (e.g., turn off bright lights, drink a sip of water, pull up blankets).• Do it now. Let it be enough. |

Your Wellness Rx Takeaway: You are not failing because you can't sleep. Focus on small, gentle actions. Sleep will follow when your nervous system is ready.