



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:

The 60-Second Nervous System Reset

Goal:

Calm your body so sleep can happen naturally.

Action:

- 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

Goal:

Clear your mind of racing thoughts.

Action:

- 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

Goal:

Signal your brain that it's safe to rest.

Action:

- 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.*