Bodywise Wellness

THE 5-MINUTE SLEEP RESET: FALL ASLEEP FASTER & STAY ASLEEP LONGER

This 3 Step guide will help you reset your body, calm your mind, and finally get the rest you deserve.

LOVE, NICOLE HOPE

The struggle is real – the sleep struggle that is.

Has trying to fall asleep or stay asleep left you feeling exhausted? Your body isn't broken—it's just stuck in stress mode. When your nervous system is dysregulated, deep sleep feels impossible. This guide will help you reset your body, calm your mind, and finally get the rest you deserve.

bonus tip

Cool Down Your Core Temperature for Deeper Sleep -Your body naturally lowers its temperature to prepare for sleep. Helping it cool down can speed up sleep onset and improve deep sleep quality.

Try this:

Cool Your Feet: Dunk your feet in cool water or place a damp washcloth on them before bed.

Lower Room Temperature: Aim for a bedroom temperature between 60-67°F (15-19°C).

Take a Warm Shower: It might sound counterintuitive, but a warm shower actually helps your body cool down afterward, signaling it's time for sleep.

Restorative Sleep Is Only 3 Easy Steps

1. Shift Your Body into Relaxation Mode Before Bed

2. Create a Sleep Ritual That Signals Safety

3. Anchor a Deep Sleep Response with Morning Self-Love

"Sleep isn't just about resting—it's how your body repairs, resets, and reminds you that self-love isn't a luxury, it's a necessity. When you care for your body with love, deep rest follows and a happier body too."

Restorative Sleep Starts Here

in as little as 5 minutes...

1. Shift Your Body into Relaxation Mode Before Bed

Sleep starts long before bedtime—your nervous system needs a signal that it's safe to relax.

Try this:
The Body Check-In: Close your eyes and scan your body. Where do you feel tension? Notice it without judgment.

Release & Unwind: Shake out your arms, roll your shoulders, or do a light stretch to signal to your body that it's time to unwind.

Step Outside for a Nature Reset: Step outside, even for a few minutes. Fresh air, trees, or even the night sky help your body shift out of stress mode and into rest mode.

Why it works: Your body holds onto stress from the day. Releasing it helps shift you into a state of safety, preparing you for deep sleep.

Sleep practice cont.

2. Create a Sleep Ritual That Signals Safety

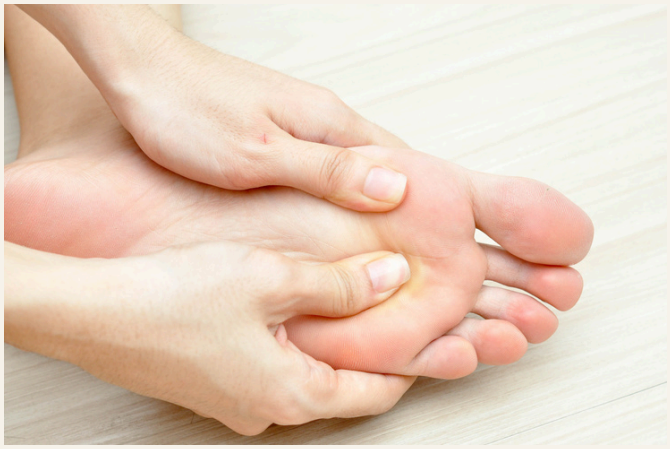
Your body loves predictability—a simple nighttime routine trains your nervous system to expect rest. Try one of these: (pick your favorite or try them all)

Hand Over Heart: Place your hand on your chest, take slow breaths, and repeat: "I am safe. My body is resting now."

Gentle Touch: Massage your hands, temples, or neck to trigger relaxation. (1-2 min)

Weighted Comfort: Use a blanket or apply gentle pressure to your body to create a sense of grounding.

Why it works: Small, body-based rituals tell your nervous system that you're safe—helping you shift from alertness to rest.



Sleep practice cont.

3. Anchor a Deep Sleep Response with Morning Self-Love

Sleep isn't just about the night—it's about how you wake up, too. Start your day with:

Morning Grounding: Before checking your phone, take 3 deep breaths and stretch.

Sunlight & Movement: Step outside into nature and sunshine for 2 minutes to reset your body clock.

Set an Intention: Whisper to yourself: "Today, I move through life with ease."

Why it works: Your first moments of the day set the tone for your stress levels—and ultimately, how well you sleep the next night.

important tip

Optimize Darkness for Deep Sleep

Your brain needs darkness to produce melatonin, the sleep hormone. Light—especially blue light from screens—tricks your body into thinking it's still daytime. Eye Masks, black out curtains, even dimmed lights before bed can make a real difference.

Bonus Tip:
Your Quick Sleep Aromatherapy List

Aromatherapy for Sleep: Essential oils can signal your nervous system to slow down and prepare for deep sleep. Try these calming scents: Lavender – The ultimate sleep oil, lavender reduces stress, lowers heart rate, and promotes relaxation. Chamomile – Known for its soothing properties, chamomile helps ease anxiety and encourages restful sleep. Cedarwood – This grounding scent supports melatonin production and helps quiet a racing mind. Sandalwood – A warm, earthy aroma that promotes a sense of calm and emotional balance. Bergamot – Unlike other citrus oils, bergamot has stress-relieving properties that help quiet the mind. *Why it works*: Scent directly impacts the nervous system, helping to reduce stress hormones and shift your body into sleep mode.

Conclusion and Next Steps

Your body isn't fighting against you—it's asking for support. Poor sleep, stress, and exhaustion aren't just random struggles; they're signs that your nervous system needs care. The good news? You have the power to restore balance, starting now.

Deep, restorative sleep is about more than just a bedtime routine—it's about the way you connect with your body and care for it daily. If you're ready to step into a life where stress no longer controls your well-being, let's create a plan that works for you.

Book a free 15-minute Wellness Reset Call and let's map out simple, body-based strategies to help you sleep better, stress less, and wake up feeling truly refreshed.

Click Here

Thank you!

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