



FREE PRACTICAL TOOL

A Gentle Sleep Reset

A no-pressure plan for nights when rest is difficult and you need a kinder way to wind down.

Start here

- 1 Choose one small cue for bedtime: dim lights, a shower, a warm drink, or a quiet playlist.
- 2 Write tomorrow's worries or tasks on paper so they do not have to stay in your head.
- 3 If you cannot sleep, choose a low-light, low-stimulation activity instead of forcing it.
- 4 If sleep struggles continue or affect your safety or health, consider reaching out to a qualified professional.

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