



THE CALM CORE

The 90-Minute Wind-Down

A gentle evening ritual for deeper, uninterrupted sleep

Why Sleep Matters for Gut Health

If you live with bloating, sleep is not a luxury – it is foundational.

During deep sleep:

- The gut repairs and restores
- Inflammation reduces
- Stress hormones settle
- Digestion resets
- The nervous system recalibrates

When sleep is broken or shallow, digestion often feels slower, more reactive, and more sensitive the next day.

This 90-minute wind-down routine is designed to:

- calm the nervous system
- reduce evening bloating
- support deeper, more restorative sleep
- create consistency your body can rely on

This is not about perfection.

It's about creating a predictable signal to your body:

“It is safe to rest.”

The 90-Minute Timeline

90 Minutes Before Bed

Begin the Transition

This is your “switching lanes” moment.

- ✓ Dim overhead lights
- ✓ Turn off bright screens (or switch to night mode)
- ✓ Make a warm, caffeine-free herbal tea
- ✓ Put your phone on charge outside the bedroom if possible

Herbal Tea Suggestions

- Chamomile
- Lemon balm
- Peppermint (if tolerated)
- Fennel (gentle for digestion)
- Lavender

Sip slowly – warmth helps relax abdominal muscles and reduce evening bloating.

75 Minutes Before Bed

Gentle Stretching (5–10 Minutes)

Evening bloating can feel worse when the body is tight or stressed.

Focus on:

- Cat-cow stretches
 - Seated forward fold
 - Supine twist
 - Knees-to-chest pose
 - Gentle child’s pose
- Move slowly.

Breathe deeply into your abdomen.

You are not exercising – you are signalling safety.

60 Minutes Before Bed

Breathing to Calm the Gut–Brain Connection
Your digestion and nervous system are deeply connected.

Try this simple technique:

4–6 Breathing

Inhale for 4

Exhale for 6

- Repeat for 3–5 minutes

Longer exhales help activate the parasympathetic nervous system – the state your body needs for both digestion and sleep.

45 Minutes Before Bed

Journalling to Clear Mental Clutter

Racing thoughts disturb sleep and digestion.

Try one of these prompts:

- What is still on my mind today?
- What felt heavy or unresolved?
- Three things I did well today
- One thing I can release until tomorrow

Keep it simple.

Even a few lines helps your brain feel complete for the day.

30 Minutes Before Bed

Warmth & Comfort

A warm shower or bath:

- relaxes muscles
- supports circulation
- reduces abdominal tension

If you prefer:

- Use a hot water bottle on the abdomen
- Gentle abdominal massage with warm oil

Warmth helps reduce overnight bloating discomfort.

Preparing Your Sleep Environment

Your bedroom should feel like a retreat – not a workspace.

Ideal Sleep Environment

- ✓ Cool (16–19°C)
- ✓ Dark (blackout curtains if possible)
- ✓ Quiet (or consistent sound)
- ✓ Clutter-free
- ✓ No bright overhead lighting

Soft lamps or warm bedside lights work best.

Temperature Regulation & Fabric Choice

Overheating disrupts deep sleep and can increase restlessness.

Natural fabrics help regulate body temperature.

Bamboo Bedding & Sleepwear

Bamboo fabric:

- is breathable
- wicks moisture
- supports temperature balance
- feels soft against sensitive skin

For women prone to night sweats or temperature fluctuations, bamboo bedding and sleepwear can improve overnight comfort and reduce micro-waking.

Comfort matters for deep, uninterrupted sleep.

🌙 When You Get Into Bed

Once in bed, your focus shifts from “preparing” to “allowing.”

🌀 Techniques to Help You Fall Asleep

1. Body Scan Relaxation

Gently bring awareness from:

- toes → calves → thighs → abdomen → chest → shoulders → jaw → eyes

Release tension as you move upward.

2. 5-4-3-2-1 Grounding (If Mind Is Busy)

Silently note:

- 5 things you can feel
- 4 things you can hear
- 3 slow breaths
- 2 things you're grateful for
- 1 word that feels calming

3. Sleep Music & Sound

Consistent sound reduces night waking.

Options:

- White noise
- Brown noise
- Soft rainfall
- Ocean waves
- Gentle instrumental music

Keep volume low and consistent.

Avoid stimulating podcasts or engaging content.

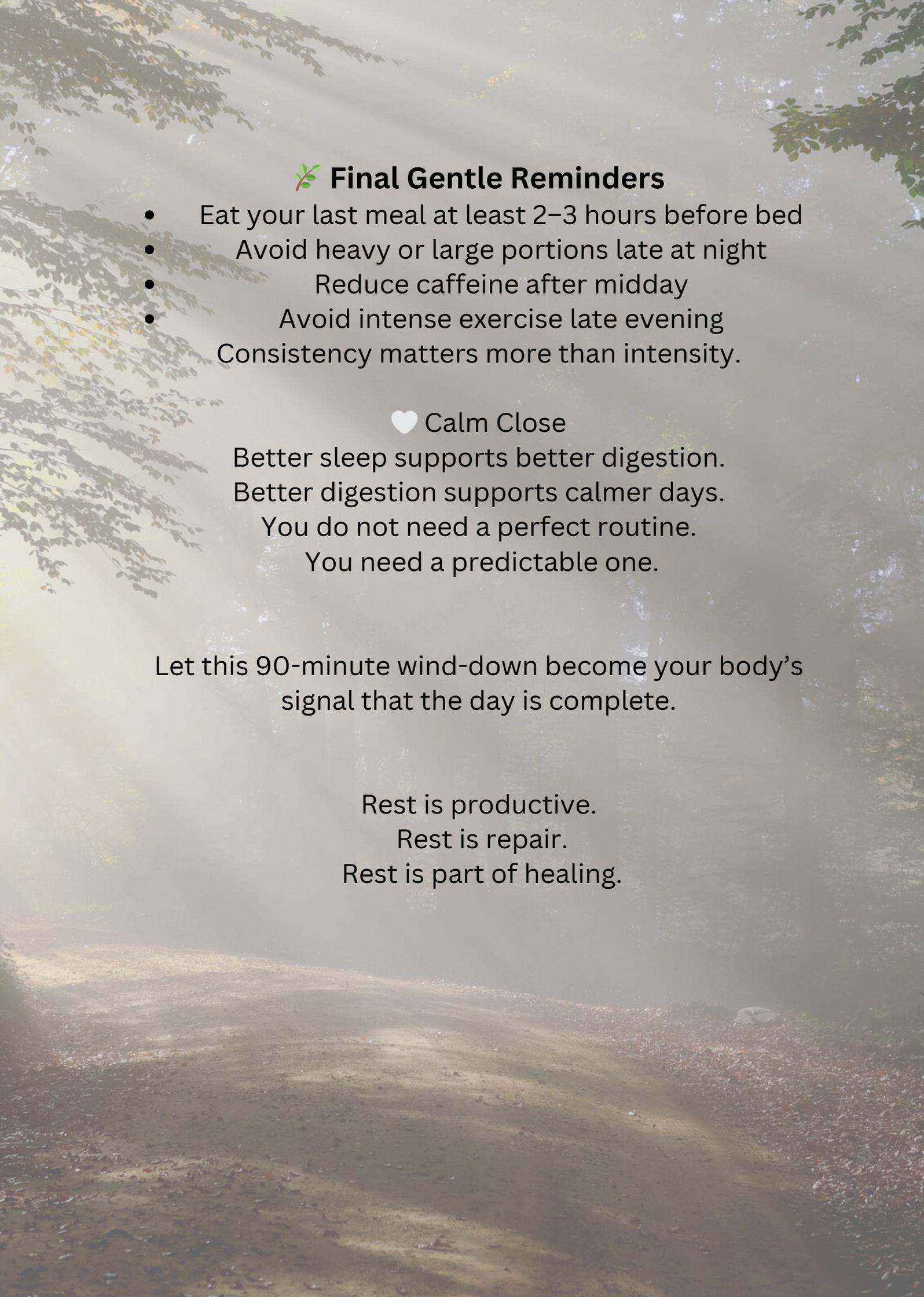
4. If You Wake in the Night

Avoid checking the time.

Try:

- **Slow breathing**
- **Repeating a calming word**
- **Light body scan**

If awake longer than 20–30 minutes, get up briefly in dim light and read something neutral until sleepy again.



Final Gentle Reminders

- Eat your last meal at least 2–3 hours before bed
 - Avoid heavy or large portions late at night
 - Reduce caffeine after midday
 - Avoid intense exercise late evening
- Consistency matters more than intensity.

Calm Close

Better sleep supports better digestion.
Better digestion supports calmer days.
You do not need a perfect routine.
You need a predictable one.

Let this 90-minute wind-down become your body's
signal that the day is complete.

Rest is productive.
Rest is repair.
Rest is part of healing.