

REST IS PART OF HEALING

Stress and sleep can feed each other. A difficult night can make the next day feel harder, while stress can make it difficult to settle at night.

THE STRESS - SLEEP LOOP

Stress can make it harder to wind down.

Poor or fragmented sleep can lower your capacity the next day.

Lower capacity can make ordinary stressors feel bigger.

You do not have to 'win' at sleep. The goal is to create cues that make rest a little easier.

GENTLE SLEEP SUPPORT

FIVE THINGS TO EXPERIMENT WITH

1. **Keep a general sleep/wake window.** Consistency can help your body recognize when it is time to settle.
2. **Create a short wind-down ritual.** Dim lights, stretch, breathe, shower, read, or journal.
3. **Make the room comfortable.** Darker, quieter, and comfortably cool often works well for sleep.
4. **Give your brain a landing place.** Write down tomorrow's tasks or the thoughts you keep rehearsing.
5. **Reduce stimulation before bed when you can.** Notice whether screens, work, conflict, or caffeine make settling harder.

IF MY BRAIN WON'T TURN OFF...

- Write the thought down so I do not have to hold it.
- Try slow breathing or a body scan.
- Choose a quiet, low-stimulation activity.
- Remind myself: resting is still rest, even if sleep is not happening yet.

MY WIND-DOWN PLAN FOR TONIGHT: