



# *From Wired & Tired to Deeply Rested*

*The 5-Minute Home or Travel Sleep  
Reset for Women 65+*

Sleep well anywhere.

Wake refreshed.

Stay home or Enjoy your travels with energy and clarity.



[www.darsdivineconnections.com](http://www.darsdivineconnections.com)

Information herein does not constitute medical advice. Please always seek medical advice from a qualified medical professional.

## *Why Sleep Gets Harder When Traveling After 65*

Many women worry about one thing before a trip:

*“What if I can’t sleep?”*

New beds.

Different sounds.

Time changes.

Body aches.

A nervous system that suddenly feels unfamiliar.

**It’s not weakness — it’s biology.**

Your brain sleeps best when it feels  
safe and predictable.

This simple reset helps your body  
recognize rest...  
even when you’re far from home.



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# Your 5-Minute Travel Sleep Reset

## *CLARITY — Calm the Traveling Mind*

### ✓ 2-Minute Brain Dump

Write tomorrow's plans, worries, or reminders on hotel stationery or your phone notes.

Close it and say:

*"Tomorrow is handled."*

Your brain stops rehearsing the next day.

### ✓ Anchor One Comforting Thought

Recall something familiar:

- your home
- warm sunlight
- a favorite travel memory
- someone you love

Familiar thoughts create emotional safety.



## ***CALMNESS — Relax the Body Anywhere***

### ✓ **4-7-8 Breathing**

- Inhale 4
- Hold 7
- Exhale slowly 8
- Repeat 3–4 times.

**Helps reset your nervous system after flights, long walks, or busy days.**

### ✓ **Portable Comfort Cue**

Travel-friendly options:

- magnesium lotion or spray on feet or calves
- familiar pillow mist
- lightweight scarf or shawl from home

**Consistency tells your body: you're safe to sleep.**

### ✓ **Gentle Sound Buffer**

Use rain sounds or white noise to soften unfamiliar hotel noises. (*Set sleep timer.*)





## ***CONFIDENCE — Train Your Brain to Sleep Anywhere***

### ✓ **Create a Mini Bedtime Ritual**

Do the same 2–3 calming actions each night of your trip:

- herbal tea
- light stretch beside the bed
- quiet breathing or prayer

**Routine replaces unfamiliar surroundings.**



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## *Tonight's Travel Quick Start*

**Feeling overtired?**

Just do this:

- slow breathing
- magnesium on feet
- one calming thought



**Even two minutes helps your body reset.**

## *What Restful Travel Sleep Gives You*



- More energy for walking
- Clearer thinking
- Less soreness
- Greater confidence exploring
- Freedom to fully enjoy your trip

***Travel becomes joyful again.***



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## *When Simple Resets Aren't Enough*

If these travel shifts help – that's a wonderful sign.

But if you still find yourself:

- crashing by Day Two
- waking stiff in unfamiliar beds
- feeling wired at night
- needing recovery instead of adventure

That's not a motivation issue.

It's usually a nervous system and energy pattern that hasn't been fully restored yet.

**And systems can be rebuilt.**

Inside my work, we go beyond travel tips.

We work directly with your nervous system, restore usable energy, and apply practical, science-informed tools tailored specifically to your fatigue patterns, sleep rhythms, and mobility – so travel feels strong, steady, and sustainable again.



# Your Next Step

If you're ready to live with Vitality...

If you're ready to travel, feel energized instead of exhausted...

I invite you to a complimentary  
***Brain & Body Reset Session***  
(Normally \$397 – free for you.)

Together we'll identify what's draining your energy and create a personalized plan so you can travel – and live – feeling clear, confident, and capable again.

👉 Reserve your session here:

<https://darsdivineconnections.as.me/strategy-session>

Because adventures after 65 aren't over!  
It just needs better support.

*With warmth,*

***Dar McCann***

***Health & Travel Strategist***

*Helping women 65+ travel strong,  
sleep soundly & feel 10–20 years younger*



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