

SLEEP RESET GUIDE

A simple structure for
calmer evenings
& better rest

This protocol helps the nervous system move from alert into rest mode. Follow one or two simple actions from each section – consistency matters more than perfection

EARLY EVENING

Rumination before bed creates conditioned arousal, which can lead to insomnia. The offloading and planning elements of the protocol reduce cognitive activation during the night. These two steps are best taken in the late afternoon to early evening timeframe.

Tomorrow Plan. If thoughts tend to keep circling at night, your brain may be concerned about ‘dropping the ball’ and forgetting something.

Use the Tomorrow Plan worksheet before bed to write down:

- tomorrow’s schedule
- reminders & top priorities
- things you need to do
- other things still on your mind



Additionally, you can take a few actions that set you up for a successful day tomorrow - prepare lunches, pack bags, get clothes ready etc.

These steps assure the brain: “Nothing needs to be remembered tonight because tomorrow’s framework is already set up.”

Mental Reset. Use the Mental Reset tool to briefly reflect on the day. This step helps the mind move from problem scanning to perspective.

Reflection allows the brain to close the day rather than replay it. Once your nervous system recognises sleep as safe, your unloaded mind can safely unwind.

BEFORE BED WIND-DOWN

Give it time. Your mind and nervous system aren't primed to switch off instantly after a busy day. It is recommended to begin the following pre-sleep protocols **60–90 minutes before sleep**.

Warm-Up. Your body prepares for sleep by slowly lowering its internal temperature – much like a thermostat turning down for the night. Warming the body slightly in the evening helps trigger this cooling response. As heat moves toward the skin and is released (vasodilation), the body begins the natural drop in core temperature that signals sleep.

Support this process by choosing one simple option of suggested evening activities such as:

- Gentle stretching or a relaxed walk after dinner
- A warm shower or bath
- Light yoga or slow breathing exercises
- Warm non-caffeinated herbal tea
- Wearing socks to keep the feet warm in cooler climates
- Soak hands and feet in warmed water for 10 minutes



Avoid activities that abruptly cool the body, interrupting the natural sleep signals:

- Cold showers
- Drinking icy beverages late in the evening
- Extended time outdoors in cold air
- Washing the face with cold water
- Sleeping in an excessively cold room (below 17 degrees Celsius)

Calm Input. Sleep is easier when the body senses that it is physically and emotionally safe. In this state, the nervous system shifts toward parasympathetic activity – the body's natural rest and digest mode.

Support this transition in the hour before bed through activities like:

- Light reading
- Listening to calm music or a relaxing audio
- Gentle breathing or quiet reflection



BEFORE BED WIND-DOWN

Avoid activating the fight-or-flight response with:

- Work emails
- Intense problem solving
- Emotionally activating content or conversations
- Social media scrolling

Save the murder podcasts and investigative rabbit holes for daytime, when the mind has time to process them.

IN BED

Goal = Rest. Tonight, the goal is not to sleep - it is to rest. The tools in this protocol are designed to redirect the mind away from sleep monitoring as it can create anxiety and hypervigilance that keep the brain alert - the opposite of helpful.

Do not go to bed unless you are tired. If you find yourself lying awake, get up briefly and return when you feel sleepy again, helping your brain connect sleep with bed.

Sleep does not need to be forced. When in bed, your role is simply to rest comfortably. Even if sleep does not arrive immediately, resting calmly in this state has restorative benefits for the mind and body.

Breathing. Cognitive tasks break rumination loops. These two breathing techniques interrupt the busy mind, signalling calm to the nervous system. It is recommended to engage in 10-20 rounds prior to sleep.

Physiological Sigh

Inhale slowly through the nose

Add a second small top-up inhale through the nose

Exhale fully through the mouth with a sighing noise

4-7-8

Inhale through the nose over 4 seconds

Hold for 7 seconds

Exhale slowly through the mouth over 8 seconds



IN BED

Hypnosis. Once the mind has settled through breathing, hypnosis can guide the body into a deeper state of relaxation. The Busy Mind Sleep Reset Protocol hypnosis audios are specifically designed for the analytical mind.

Rest State Hypnosis. After completing either breathing technique from above, tune into the Rest State Hypnosis as it guides attention toward breathing, imagery and a deeply relaxed state. As attention settles, the nervous system shifts toward its parasympathetic “rest and digest” mode, allowing mental noise and physical tension to ease.

2am Resleep Hypnosis. The second half of your sleep is typically lighter than the first, increasing likelihood of arousal. Should this happen, ideally, you adjust position and return to sleep.

If the mind becomes busy:

- remind yourself that thinking is not required right now
- take a few slow breaths using a described protocol method above
- avoid checking the clock or reaching for your phone
- use the 2AM Resleep Hypnosis

MORNING RESET

This is interesting - a good night’s sleep starts when you wake.

Wake-Time. Place more emphasis on a consistent wake time rather than a fixed bedtime. Aim for consistency, even on weekends. This reframes the pressure around sleep and helps anchor your circadian rhythm long-term.

Sleep Timer. Aim to get 10 minutes of natural outdoor light soon after waking. Morning light signals the brain’s biological clock and begins a countdown that promotes onset of sleepiness roughly 14–15 hours later.

Hydration. The body also loses moisture overnight through breathing and normal physiological processes. Make it a priority to rehydrate in the morning – this supports daytime energy and often reduces the need for fluids later in the evening.

OTHER IMPORTANT FACTORS

Lighting. Support your circadian rhythm with warm lighting in the hours leading to bedtime, such as:

- candlelight
- sunset light
- incandescent bulbs
- warm, dimmed LED lighting (2700K)

Blue light exposure signals daytime alertness, shifting your circadian cycle by several hours. Avoid:

- bright overhead lighting
- electronic screens in the hour before bed (if unavoidable, use blue-light filtering settings or glasses)

Bedroom. A cool (not cold) environment is highly supportive of sleep, along with a completely darkened room. The bedroom is best kept for sleep and sex, as other stimulating activities such as work can become psychologically linked with the bedroom and activate the mind.

Repartition. Use repetition to retrain your mind's approach to sleep. Consistent repetition of this protocol helps build new neural pathways, allowing a supportive bedtime routine to become automatic. When behavioural patterns are reinforced through repetition it becomes an identity. You begin to identify as a good sleeper. Sure, there may be times of disruption as is the nature of life, yet it no longer holds the power to knock you off course.

Pharmaceuticals. If you are taking prescribed, over-the-counter medication, supplements etc, consult your doctor or pharmacist about potential sleep side-effects, including stimulating ingredients such as caffeine or guarana.

More support. If you have been experiencing sleep disturbance for an extended period of time, you may benefit from tailored support. As a member of The Busy Mind Sleep Reset Protocol, you are welcome to reach out for further support at www.yourmindredesigned.com.



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