



THE 3:3™ NERVOUS SYSTEM METHOD

60-SECOND SLEEP RESET

STOP OVERTHINKING, CALM ANXIETY,
AND FALL ASLEEP FAST TONIGHT

1



CHECK IN

Take a moment to check in how you're feeling on a scale of 1-10.

1 2 3 4 5 6 7 8 9 10

NOT GOOD

EXCELLENT

2



BREATHE THE 3:3

- ↑ STACK 3 INHALES
- ⏸ PAUSE FOR 1 SECOND
- ↓ STACK 3 EXHALES

Use your breath to shift your state.

3



1 MINUTE IS ALL IT TAKES TO RESET

Spend one **mindful minute** with the 3:3 breath.
Let your nervous system reset.



RINSE AND REPEAT

AS MANY TIMES AS REQUIRED

Use whenever you need to reset and restore.



FALL ASLEEP
FASTER



CALM YOUR
MIND



REDUCE ANXIETY
NATURALLY



WAKE UP
REFRESHED