

The page features several sprigs of lavender flowers in the corners. In the top-left, a sprig extends from the edge towards the center. In the top-right, a sprig is partially visible. In the bottom-right, a sprig is more prominent, extending from the edge towards the center. In the bottom-left, a sprig is also visible, extending from the edge towards the center. The flowers are small and purple, with green stems and leaves.

The Bedtime Reset

Stop doom-scrolling at midnight.
Sleep better. Wake up softer.

[INNERKINDER.COM](https://www.innerkinder.com)

Why You Can't Sleep, Even When You're Exhausted

If your nights feel like the only time you *finally* get to breathe...
If you scroll past midnight even though you know you'll regret it...
If you keep saying, "I'll go to bed earlier tonight," but don't...

You're not crazy. Or consciously self-sabotaging.
You're likely dealing with something called **Revenge Bedtime Procrastination** — where your brain steals time at night because your days feel too full, too rigid, or too out of your control.

This isn't a self-discipline problem.
This is a **nervous system protest**.

Let's stop shaming yourself for how you've been coping — and start gently supporting the part of you that just wants more space to exist.

This printable guide offers small rituals and soft routines to help you signal "It's safe to rest now."



1. Wind-Down Cues

Start teaching your body when it's time to rest.

Try one or two of these each night:

- Dim the lights
- Light a candle
- Put on your wind-down playlist
- Sip something warm
- Use lavender or a familiar scent

💛 This is less about "discipline" and more about signals. You're gently telling your nervous system: it's safe to slow down now.



2. Half Hour Win

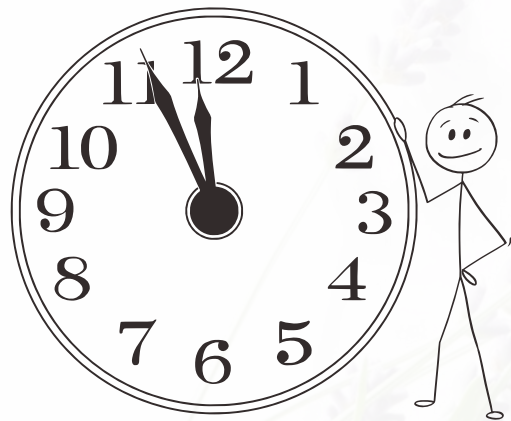
If you usually crash at 1:00am, aim for 12:30 tonight.

That's it.

No pressure to “fix your sleep schedule.”

Just honor a 30-minute win.

Then build from there.



3. Screen-Time Curfew

Set a “last call” for screens.

10pm is ideal. But even 20 minutes of screen-free time before bed helps.

Swap scroll-time for:

- A cozy podcast
- A good book
- A gentle playlist
- Journaling or stretching

Your brain needs a softer runway into sleep.



4. Bedtime Treats

Make bed a place you want to go.

Ideas:

- A soft blanket just for sleep
- Warm drink in a favorite mug
- Your comfiest pajamas
- A story that feels like a hug

No more punishment. Bedtime gets to be kind.



5. Daytime Joy

If bedtime is your only “me-time,” your brain will fight sleep.

Add one tiny joy into your day to reduce that pressure:

- Step outside for 2 minutes
- Text someone you like
- Do something just because you want to

Joy is preventative medicine for burnout.



6. External Accountability

Text a friend your sleep plan.

Or set a bedtime alarm labeled:

“Future Me Will Thank You.”

Change happens faster with support.



Sleeping Better is Just the First Step. Let's Make Your Days Feel Better Too.

When your days are calm, clear, and connected to your needs, your nights don't need to rebel anymore.

If you've ever said:

- "I can't stick to routines."
- "I feel like I'm always behind."
- "I just need a system that actually works for me..."

Then you'll love what's waiting inside **The Sensitive Achiever's Roadmap**.

It's not a hustle-based productivity course.

It's a step-by-step system built for women like you — who are smart, sensitive, and tired of pretending "doing more" is the answer.

- ✦ Less chaos.
- ✦ More calm.
- ✦ So your brain doesn't have to scroll at midnight anymore.

See how the Roadmap works





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