



FREE

Midlife Sleep

Reflection Guide



A gentle reset for tired, wired, and overwhelmed minds



1.

YOUR SLEEP EXPERIENCE

A Gentle Check-In

Explore your sleep patterns, struggles and what's really going on.



2.

NERVOUS SYSTEM AWARENESS

Understand how your stress response may be keeping you tired but wired.



3.

LIFESTYLE & MENTAL LOAD CHECK-IN

Reflect on daily habits, energy drains and the invisible load you carry.



4.

UNDERSTANDING MIDLIFE SLEEP

Simple Education

Clear, compassionate insights into why sleep changes in midlife—and what actually helps.



5.

EMOTIONAL & COGNITIVE FATIGUE

Explore the hidden impact of mental overload on your sleep and energy.



6.

GENTLE NEXT STEPS

No Pressure. Just Possibility.

Small, supportive steps to help you move forward with more ease and self-kindness.

BETTER SLEEP. BETTER ENERGY. BETTER YOU.

You deserve to feel like you again.



Welcome

If your body feels exhausted but your mind won't switch off...

If you wake at 3am with a racing mind...

If your energy feels unpredictable, foggy, or just not like it used to...

You are not alone—and you are not broken.

Midlife brings real physiological, emotional, and cognitive shifts that directly affect sleep. This guide is not here to fix you. It's here to help you understand what your system might be asking for.

Take your time. You don't need to complete this all at once.

Your Sleep Experience — A Gentle Check-In

Reflect without judgement. There are no right answers.

- When do I start to feel tired in the evening?
- What actually happens when I go to bed?
- Do I fall asleep easily, or does my mind stay active?
- What time do I tend to wake during the night?
- What thoughts or sensations show up when I wake?
- How do I feel when I wake in the morning—rested, wired, heavy, foggy?
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Pause and notice:

What patterns am I beginning to see?

Nervous System Awareness

Many midlife sleep challenges are not just about sleep—they're about a nervous system that hasn't had space to fully downshift.

Gently explore:

- Do I feel “on alert” even when I’m tired?
- How often do I truly stop during the day?
- Do I move from task to task without pause?
- What does “rest” actually look like for me right now?
- When was the last time I felt deeply relaxed in my body?

Reflection:

Am I living in a constant state of low-level activation?

Lifestyle & Mental Load Check-In

Midlife often brings peak responsibility—career, family, ageing parents, and internal expectations.

Consider:

- What am I currently holding responsibility for?
- What feels mentally “unfinished” at the end of the day?
- How often do I carry work or worry into the evening?
- Do I give myself space to mentally close the day?
- What expectations am I placing on myself right now?

Gentle prompt:

What am I carrying that no one else can see?

Understanding Midlife Sleep (Simple Education)

Your sleep is influenced by real biological changes:

- Hormonal shifts (oestrogen and progesterone) can affect temperature regulation, mood, and sleep depth
- Increased cortisol sensitivity can keep the mind alert at night
- Blood sugar fluctuations can contribute to night waking
- A busy, high-performing brain can struggle to “power down” without intentional transitions

Sleep disruption in midlife is not a personal failure—it’s often a signal.

Emotional & Cognitive Fatigue

Sometimes what shows up at night isn't just stress—it's unprocessed emotional load.

Reflect gently:

- What emotions have I not had time to process recently?
- Do I feel mentally overloaded or decision-fatigued?
- Where in my life do I feel stretched too thin?
- What am I pushing through rather than acknowledging?

Awareness shift:

Your mind may be speaking at night because it hasn't been heard during the day.

Gentle Next Steps (No Pressure, Just Possibility)

You don't need a complete overhaul.
Start small.

Consider experimenting with:

- A 5-minute “day closure” ritual (write down unfinished thoughts before bed)
- Slowing your pace in the final hour of the evening
- Reducing stimulation (screens, work, problem-solving) before sleep
- Introducing short moments of stillness during the day (even 2–3 minutes)
- Noticing, rather than fixing, your patterns for a few days

Most important:

Consistency of gentle awareness matters more than intensity.

What is one small thing my body or mind might be asking for right now?

Write it down. Keep it simple. Let it be enough.

If you'd like to reach out directly...



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