

THE SLEEP & CALM PLANNER

The 90-Day "Sleep & Calm Journey"

@MINDOVERAGE




Daily structure, companion, and mindset support for women 50+, especially in menopause, to regain a deep, restorative night's sleep and mental clarity—naturally.

Name:



My nights were a battle. I'd lie awake for hours, my mind racing with a to-do list for the next day, feeling completely tired and wired.

I dreaded going to bed. The 'Sanctuary Ritual' in this planner was a game-changer. It taught me how to signal to my body that it was time for rest. It's not about forcing sleep; it's about inviting calm. I haven't slept this peacefully in years.



Sarah Jones, 52 - Austin, Texas



WELCOME TO
*THE SLEEP &
CALM PLANNER*

Rest. Reset. Reclaim Your Night.





Welcome & The "Why"

Hello, and welcome.

If you're holding this planner, you know that a good day truly begins the night before.

But during this chapter of life, a deep, restorative night's sleep can feel like a distant memory.

This planner is your gentle guide back to that place of peace.





Why Deep Sleep is Your Brain's Best Friend

As our hormones shift in our 40s, 50s, and beyond, our sleep patterns are often the first to feel the disruption. What we often don't talk about is how deeply **sleep and our mental clarity are intertwined.**

Think of deep sleep as your brain's most important act of self-care. It's when your mind gets to:


- **Run its nightly rinse cycle,** clearing away the metabolic "clutter" that can contribute to brain fog.
- **Strengthen and file away memories,** moving them from short-term to long-term storage.
- **Regulate mood and resilience,** refilling your cup so you can handle tomorrow's challenges with grace.
- **Balance the very hormones** that impact anxiety, focus, and even our food cravings.

When sleep suffers, it's no wonder that brain fog, anxiety, and frustration follow. But this is not a story about loss; it's a story about reclamation.



The Cycle of 'Tired and Wired'

During menopause, changing levels of estrogen and progesterone can disrupt your brain's natural rhythm keepers:

- 
- **Cortisol** (your stress hormone) can stay elevated at night.
 - **Melatonin** (your sleep-inviting hormone) production can decrease.
 - **GABA** (your brain's natural "calm down" signal) can be less effective.

This creates that frustrating "tired and wired" feeling, locking you in a cycle:

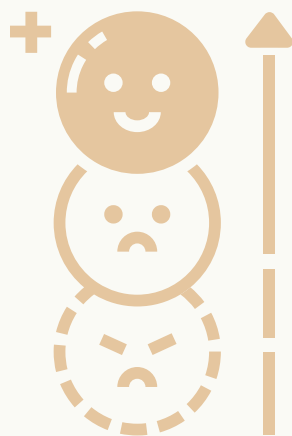
***Anxiety & Stress → Poor Sleep → Brain Fog
& Fatigue → More Frustration***

The beautiful truth? We can gently guide our bodies out of this cycle.

How Small Routines Create Profound Rest

The secret to better sleep isn't a magic pill—it's in the small, loving actions you take for yourself, not just at night, but all day long. These gentle habits send a consistent message of safety and calm to your nervous system.

Consistency brings calm. Calm brings better sleep. Better sleep brings back your clarity.



How to Use Your Planner

This is your personal space to discover what works for you.

- Begin with **Crafting Your Wind-Down** to design a beautiful, personalized bedtime ritual.
- Use **The Daily Rest & Reset** pages to track your sleep and notice what supports you.
- Reflect with the **Weekly & Monthly Reviews** to celebrate progress and gain insight.
- Explore **The Serenity Toolkit** whenever you need a quick path back to peace.

This is not a journey of perfection; it is a practice of compassion.

Just one small, loving step—one night at a time.

🌿 Your body knows how to rest. Your mind is ready to heal. **Your best sleep is waiting for you.**

For the nights when rest feels out of reach and your mind won't quiet down, let this be your gentle companion back to peace. You are not alone in this journey to calm.

With calm and strength,

Demi Nasiou

2025 - Mind Over Age™



Designing Your Sanctuary Sleep Ritual

Sleep is not a luxury; it is the brain's master reset button. A consistent bedtime ritual signals to your body and mind that it's time to power down, repair, and restore clarity. Use this space to curate a personal ritual that feels like a gift to yourself.

Unwind the Mind

- **Digital Sunset:** Power down all screens 60–90 minutes before bed. The blue light disrupts melatonin production.
- **Brain Dump:** Use a dedicated notebook to write down any lingering thoughts, worries, or to-dos for tomorrow. Get them out of your head and onto paper.
- **Reflective Journaling:** Answer a gentle prompt or simply write what's on your heart.
- **Gratitude Practice:** Name three specific things from your day, no matter how small, that you are thankful for.
- **Light Reading:** Choose a physical book (not a thriller!) to lose yourself in.

Designing Your Sanctuary Sleep Ritual

Soothe the Body

- **Warmth Therapy:** A warm bath or shower with Epsom salts can relax muscles and lower core body temperature, promoting sleep.
- **Gentle Movement:** Do 5–10 minutes of light stretching or restorative yoga poses (like child's pose).
- **Calming Sips:** Enjoy a caffeine-free herbal tea like chamomile, lavender, or a magnesium drink.
- **Aromatherapy:** Diffuse calming essential oils like lavender, bergamot, or cedarwood.
- **Sensory Focus:** Listen to calming music, nature sounds, or a guided meditation.



My Personal Sleep Ritual Blueprint



From the menu on the previous pages, choose 3–5 practices that resonate most with you. These will become the core of your nightly ritual. Remember, **consistency is more important than perfection.**

My Secret Ingredient for Rest

This is a space for things unique to you. A specific type of music? A cherished memory to reflect on? A conversation with a loved one? Make this ritual entirely your own.

Revisit this blueprint anytime you need to refresh your routine. **Be gentle with yourself**—the goal is consistency, not perfection.

Month 1:

The secret of getting ahead is getting started.

MON

TUE

WED

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This Month's Anchors

This Month's Clarity Blueprint

My Intentions

- **Mind:**

E.g., practice a 5-minute meditation daily, read a chapter of a book.

- **Body:**

E.g., walking 3x a week.

- **Soul:**

E.g., reading a novel for pleasure.

One Habit I'm Cultivating:

What I'm Ready to Release:



My Reflection

- **A Major Win or Accomplishment:**

E.g., celebrate a success.

- **A Key Lesson I Learned:**

E.g., a growth insight.

- **A Pattern I Noticed This Month:**

E.g., I noticed my brain fog is worse on days I skip lunch.

This Week's Clarity Compass



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The Sleep Detective

Use this space on the rare morning **after a restless night**. Let's gather some clues with curiosity, not judgment, to see what we can learn.

Clue #1: The Mind

What thoughts were looping in my head (e.g., a worry about work, a to-do list, a conversation)?

Clue #2: The Body

What physical sensations did I notice (e.g., hot flashes, restless legs, headache, hunger, pain)?

Clue #3: The Environment

What external factors might have played a part (e.g., room too warm, late-night noise, phone light, late meal)?

The Key Insight: My Compassionate Adjustment

Based on these clues, what is one gentle, compassionate adjustment I can try tonight or tomorrow (e.g., write my to-do list before bed, have a lighter dinner, try a magnesium tea, adjust the thermostat)?

Today's Clarity Docket

Date: _____

Today's Anchor Thought: _____

My Gentle Schedule

6 AM _____
8 AM _____
10 AM _____
12 PM _____
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Brain-Boosting Fuel

What did I eat today that made me feel energized and clear?

Today's Small Win

What is one moment today I can feel good about?

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10 AM _____
12 PM _____
2 PM _____
4 PM _____
6 PM _____
8 PM _____

Brain-Boosting Fuel

What did I eat today that made me feel energized and clear?

Today's Small Win

What is one moment today I can feel good about?

Today's Clarity Docket

Date: _____

Today's Anchor Thought: _____

My Gentle Schedule

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The Clarity Journal

A space for curiosity, self-compassion, and gentle discovery. There are no right or wrong answers, only your truth.

Return to this page whenever you feel the call to reflect. **Choose a prompt that speaks to you** in the moment—or simply let your thoughts flow freely.

This is your private sanctuary for understanding your mind and honoring your journey.

Connecting with the Present

1. What does the word "*clarity*" feel like in my body right now?
2. What is one small, uncomplicated thing that brought me a moment of peace today?
3. If I could wrap myself in a feeling for the rest of the day, what would it be?
4. What is one "*should*" I am ready to release from my thoughts, just for today?
5. What does my mind truly need in this exact moment (e.g., rest, nature, music, silence)?

Understanding the Journey

6. What is one surprising piece of wisdom this phase of life is revealing to me?
7. If my brain fog could speak, what would it gently say it needs?
8. How has my definition of "*strength*" changed over the last decade?
9. Describe a time recently when I felt completely and authentically myself.
10. What advice would my 80-year-old self give to me right now?

The Clarity Journal

Releasing & Letting Go

11. What thought or worry can I give myself permission to set down, just for tonight?
12. What outdated belief about myself am I ready to stop carrying?
13. If I were to write a "*permission slip*" for myself, what would it say?
14. What does a boundary that protects my energy look and feel like?
15. What is something I am judging myself for that I would forgive in a dear friend?

Cultivating Joy & Strength

16. What is something I used to love doing that I can re-invite into my life?
17. Describe a moment when I was more resilient or capable than I gave myself credit for.
18. What is a compliment I've received that I can choose to fully believe and accept?
19. What is one way I can be a kinder friend to myself this week?
20. Looking ahead, what is one thing I am genuinely excited or curious about?



The Clarity Journal



A series of 20 horizontal lines for writing, each starting with a small arrowhead on the left and ending with a small arrowhead on the right. The lines are evenly spaced and cover most of the page's height.



The Clarity Journal



A series of 20 horizontal lines for writing, each starting and ending with a small arrowhead pointing outwards.



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THANK YOU—AND KEEP GOING ♥

You have taken a powerful, loving step for yourself.

With every ritual you honored, **every night you listened to your body**, and every morning you reflected with compassion, you sent a clear message to your mind: "*I am worthy of rest.*"

Remember that every small act of calm adds up. A warm cup of tea, a few deep breaths, a moment of quiet gratitude—these are not small things. **They are the sacred foundation of your well-being.** Your efforts matter deeply.

You are not alone on this journey to peace.

Return to these pages whenever you need a gentle reminder of **how truly capable and wise you are.** The path to restorative sleep is always waiting for you.



*THANK YOU—AND
KEEP GOING* ♥

Your Journey Continues:

- **Revisit Your Sanctuary Ritual:** As seasons change, so do your needs. Go back to your "*Blueprint*" page and lovingly adjust your ritual. Discover what new practices feel supportive and calming to you now.
- **Embrace the 90-Day Rhythm:** True restoration is a practice, not a destination. Commit to another 90-day round to deepen your habits, honor your progress, and witness the profound shifts that come with consistency.
- **Visit my Website:** Find connection, more tools, and ongoing support by visiting me at mindoverage.com.



THANK YOU—AND KEEP GOING ♥

- **Share the Calm:** Your success can inspire a friend or loved one who might be feeling "*tired and wired*." Sharing your journey is an act of profound kindness. 📧

*You have everything you need within you.
Your body knows how to rest, and your
future self thanks you for choosing this path.*



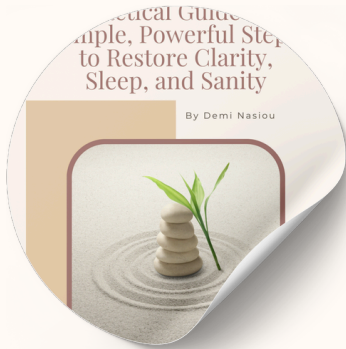
Your Complete Path to Clarity

The Mind Over Age System

You are holding The **90-Day Sleep & Calm Planner**, a deep, transformative journey to restore your nights. It is the perfect partner to my original Brain Fog & Focus Planner, which is designed to bring structure and clarity to your days.

Together, they create a complete system for navigating menopause with confidence and peace.

The Brain Fog & Focus Guide



Ready for a deeper dive? This deep, **transformative experience** is designed to turn insights into lasting, life-changing habits. This is where you master your mindset for long-term focus and memory.

This journey is perfect for you if:

- You are ready to commit to profound, long-term change.
- You want to build resilient habits for focus and memory.
- You want to fully embody the Mind Over Age philosophy.

The Clarity Planner



A structured daily companion designed to give you quick wins over **daytime overwhelm**. This is your intensive kickstart to cut through the fog.

This journey is perfect for you if:



- You feel scattered and lose your train of thought during the day.
- You want a clear, manageable first step to regain focus.
- You want to quickly identify your specific brain fog triggers.

Ready for a Guided Path?

Explore the journeys and find the structure that's right for you.


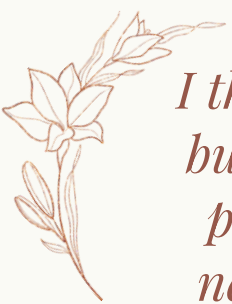
Website: www.mindoverage.com/shop







The nightly anxiety was the worst part for me. The 'Sleep Detective' log was a revelation. It helped me gently understand my triggers without judgment, turning my biggest source of stress into a tool for self-awareness.

— Maria Garcia, 55 - San Diego, California



I thought an evening 'routine' would feel like a chore, but the Sanctuary Ritual became the most cherished part of my day. It's my 20 minutes of sacred, non-negotiable self-care. It's more than a planner; it's a companion.

— Chloe Addison, 49 - London, UK



I didn't realize how much my poor sleep was impacting everything else. After a month of using this planner, not only am I sleeping through the night, but the brain fog I felt during the day has started to lift. It's all connected.

— Emily Smith, 57 - Toronto, Canada

Thank You

For Your Order

Thank you for taking this decisive step for your mind. I'm thrilled for you to embark on your journey to clarity, and I look forward to supporting you every step of the way.



www.mindoverage.com