

Evening Calm Reset

A 3-Night Challenge to Help You Sleep Deeply and Wake Rested

You'll complete a 3-night wind-down challenge that trains your body to relax naturally and wake up with real energy — all in under 30 minutes total setup time.

Who It's For: High-achieving women with autoimmune conditions who feel "wired but tired" at night and wake up drained, no matter how much they sleep.

Created by Dr. Swathi Dhulipala — Board-Certified Rheumatologist & Founder of The Autoimmune Energy Reset

Why Your Body Can't Power Down

Most high-achieving women with autoimmune conditions stay in a constant "wired but tired" state — their nervous systems can't switch from **fight-or-flight (stress mode)** to **rest-and-repair (healing mode)**. Even when they collapse into bed, cortisol and adrenaline remain high, blocking the deep sleep that restores energy and reduces inflammation.

When your body doesn't reach its parasympathetic "calm" zone before bed, inflammatory markers stay elevated overnight — meaning you wake up just as tired as when you went to sleep.



The Problem

Your nervous system stays locked in stress mode, preventing deep restorative sleep



The Impact

Elevated inflammatory markers overnight mean you wake exhausted and stiff



The Solution

Retrain your body to activate its natural "off switch" before bed



Real Example: A client with rheumatoid arthritis followed this exact reset: 5-minute warm shower, 3 deep belly breaths, and 2 minutes of journaling. Within 72 hours she noticed falling asleep 20 minutes faster, waking up with less stiffness, and fewer sugar cravings the next morning.

Your 3-Night Challenge

Goal: Retrain your body's stress response and prepare your immune system for deep recovery sleep in just 15 minutes per night.

What You'll Need: 15 minutes before bed · A quiet, screen-free space · Pen or notes app

01

Ground & Release

Lower evening cortisol and physical tension through warmth and breathwork

02

Calm the Mind

Reduce nighttime overthinking and cognitive fatigue with journaling

03

Restore & Reflect

Trigger parasympathetic recovery through gratitude and gentle movement

Day 1 — Ground & Release

1

- Take a 5-minute warm shower or soak hands/feet in warm water
- Sit still, hand on chest and belly. Take 3 slow breaths — inhale 4 sec, exhale 6 sec
- Write: "Tonight I release ____"

Sarah (lupus) saw her heart rate drop 9 bpm within 5 minutes

Day 3 — Restore & Reflect

3

- Do 2 minutes of gentle stretching (neck rolls, shoulder circles, or legs up a wall)
- Dim lights and play soft music or white noise
- Write: "Tonight I'm grateful that my body ____"

Janelle's (MCTD) deep sleep rose from 55 to 85 minutes by Night 3

2

Day 2 — Calm the Mind

- Turn off screens 30 minutes before bed
- Make a cup of caffeine-free tea or warm lemon water
- Write 3 things you accomplished today

Maria (RA) fell asleep in 22 minutes vs 45 after journaling her 3 wins

Track Your Progress

Daily Check-Ins

1

Day 1 Complete

Reflection: How heavy or light does your body feel now? Any change in breathing or heart rate?

2

Day 2 Complete

Reflection: Did your mind quiet faster? How quickly did you fall asleep compared with last night?

3

Day 3 Complete

Reflection: How refreshed did you feel this morning? Any change in stiffness, clarity, or mood?

Before & After Snapshot

Metric	Before	After 3 Nights
Average bedtime	_____	_____
Time to fall asleep	_____	_____
Morning alertness (1–10)	_____	_____
Morning stiffness (1–10)	_____	_____

 **Success Marker:** An increase of +2 points in morning alertness = nervous-system reset success

Biggest Shift

What changed right away in how your body felt before bed?

Key Action

Which single action (shower, breathing, journaling, or stretching) made the biggest difference?

Sleep Quality

Did you notice any change in how quickly you fell asleep or how rested you felt in the morning?

Ready for Your Complete Reset?

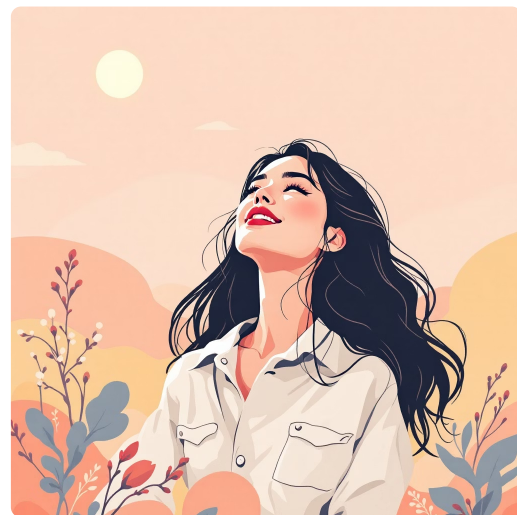
Apply for **The Autoimmune Energy Reset**

You've proven your body can shift from "wired but tired" to calm and restorative in just 3 nights. Imagine what we can do in 12 weeks together.

In *The Autoimmune Energy Reset*, we'll build your complete physician-led system to:

- Identify your unique energy triggers
- Restore focus and stamina naturally
- Prevent flares and fatigue from taking over your schedule

This is a **small-group, 12-week rheumatologist-led program** designed for personalized attention and real feedback — so I can guide you step-by-step through your full Energy Reset System.



Why Now

Spots are limited so I can give each client the focused support they deserve. Click below to see how the Autoimmune Energy Reset works — and start feeling like *yourself* again.

[👉 Watch the free video](#)

Work directly with Dr. Swathi Dhulipala — Board-Certified Rheumatologist dedicated to helping high-achieving women reclaim their energy and vitality.