



THE MINDFUL SLEEP RESET

serenephase.com

Introduction “The Mindful Sleep Reset”

What You Will Learn in This Course

Why Sleep Becomes More Fragile During Peri-Menopause and Menopause

How Hormones, Stress, and Lifestyle Shape Your Nights

The 3 Core Pillars of the Sleep Reset

What Results to Expect Through This Reset

How to Use This Course for Maximum Results

A Message of Reassurance

MODULE 1: Understanding Menopausal Sleep

What’s Really Happening in Your Body

SECTION 1: The Hormonal Shifts Behind Sleeplessness (estrogen, progesterone, cortisol)

SECTION 2: Why Hot Flashes and Night Sweating Trigger Awakenings

SECTION 3: The Role of the Circadian Rhythm After Age 40

SECTION 4: Stress Physiology & the “Tired but Wired” Syndrome

SECTION 5: What Creates Fragmented Sleep in Peri/Menopause

SECTION 6: The Real Reasons Sleep Becomes Unpredictable

SECTION 7: The 3 Systems That Regulate Sleep (circadian, homeostatic, autonomic)

CLOSING MODULE 1

MODULE 2: Rebuilding Your Evening System

Your New Bedtime Ritual & Nighttime Safety Signals

SECTION 1: The Importance of Predictability for the Brain

SECTION 2: Light Temperature and Evening Lighting Rules

SECTION 3: The 15-Minute Evening Routine (Step-by-Step)

SECTION 4: The 3-Line Mental Decompression (Deep Explanation)

SECTION 5: The 4–6 Relaxation Breath

SECTION 6: Shoulder / Jaw / Pelvis Release

SECTION 7: Creating a “Cooling Microclimate” for Hot Flashes

SECTION 8: Eliminating Nighttime Overstimulation

SECTION 9: How to Use Sleepiness - Not the Clock - as Your Guide

CLOSING MODULE 2

MODULE 3: Managing Night Wakings & Hot Flashes

What To Do When You Wake Up at 2–3 AM

SECTION 1: Why Nighttime Awakenings Happen

SECTION 2: Heat-Driven vs. Stress-Driven Wakings

SECTION 3: The Complete 5-Step Night Waking Protocol

SECTION 4: Micro-Snacks for Hunger-Based Wakings

SECTION 5: Safety Signals for the Nervous System

SECTION 6: When to Rule Out Medical Causes

CLOSING MODULE 3

MODULE 4: Resetting Your Daily Rhythm

Your 24-Hour System for Better Sleep

SECTION 1: Why Sleep Is Built During the Day

SECTION 2: The 3 Daily Anchors

SECTION 3: The Morning Reset: Light + Movement + Stabilizing Breakfast

SECTION 4: Managing Afternoon Energy Dips

SECTION 5: Caffeine Timing and Alternatives

SECTION 6: Micro-Movements to Regulate Stress Hormones

SECTION 7: Structuring a Hormone-Friendly Dinner

SECTION 8: Matching Bedtime to Natural Sleepiness Signs

CLOSING MODULE 4

MODULE 5: Deep Nervous System Reset

How to Calm a “Tired-but-Wired” Body

SECTION 1: Why Peri-Menopausal Sleeplessness Is a Nervous System Imbalance

SECTION 2: Rebalancing the Sympathetic - Parasympathetic System

SECTION 3: The 60-Second Body Switch

SECTION 4: The “Jaw–Pelvis Circle” of Tension

SECTION 5: Somatic Calming Skills You Can Use Anytime

SECTION 6: Mindset Traps That Activate Hyperarousal

SECTION 7: Emotional Regulation at Night

SECTION 8: The “Functional Expectation” Mindset

SECTION 9: Dissolving the Fear of Not Sleeping

CLOSING MODULE 5

MODULE 6: Your Long-Term Sleep Blueprint

Integrating Everything Into a Daily, Repeatable System

SECTION 1: How to Create Your Personal 24-Hour Sleep Rhythm

SECTION 2: Morning - Afternoon - Evening - Night Flow

SECTION 3: Recovery After a Bad Night

SECTION 4: Weekly vs. Nightly Progress Tracking

SECTION 5: Long-Term Sleep Resilience Habits

SECTION 6: Adjustments for Travel, Stress & Hormonal Shifts

SECTION 7: Your Complete Personal Sleep Playbook

SECTION 8: Course Summary & Final Message of Empowerment

SECTION 9: How to Maintain Your Results Over Time Keeping Your Sleep Steady Through Every Season of Life

What You Will Achieve

After Completing All 6 Modules

Thank you so much for completing this journey

Introduction “The Mindful Sleep Reset”

Welcome.

I'm so glad you're here.

Before we begin this journey together, take a moment...

to let your shoulders soften...

to let your breath expand just a little...

and to acknowledge something important:

You are here because you are tired ... not just physically, but mentally, emotionally, hormonally.

And you are ready for change.

A calm, sustainable, compassionate kind of change.

This course, The Mindful Sleep Reset, was created for women like you:

women navigating peri-menopause, menopause, stress, caregiving, responsibility, and nights that feel unpredictable or exhausting.

And first, I want you to hear this clearly:

Your body is not broken.

It is simply dysregulated ... and dysregulation is something we can gently reset.

This entire program is built on that truth.

What You Will Learn in This Course

Over the next 6 modules, you'll learn exactly:

- why sleep becomes more fragile between 40 and 60
- how hormones shift and affect temperature, mood, and nighttime awakenings
- why stress physiology changes and creates the “tired but wired” state
- how your circadian rhythm weakens and how to strengthen it again
- why traditional advice doesn't work for peri-menopausal sleeplessness
- how to rebuild your evening system so your brain feels predictability and safety
- what to do during night wakings so they last minutes, not hours
- how to regulate your nervous system so the body naturally enters deep rest
- how to build a full 24-hour rhythm that supports stable, refreshing sleep

This course is a complete reset ... not a temporary fix.

Why Sleep Becomes More Fragile During Peri-Menopause and Menopause

You'll discover:

- how fluctuating estrogen affects night sweats and awakenings
- how declining progesterone removes a natural calming “brake”
- how cortisol rises more easily with stress, heat, or overthinking
- how the brain's thermostat becomes more sensitive
- why your nighttime awakenings feel sudden, hot, or overwhelming
- why you feel exhausted but still cannot fall asleep ... the “tired but wired” pattern

Understanding why this happens makes everything easier and clears away the shame, frustration, or confusion around your sleep.

How Hormones, Stress, and Lifestyle Shape Your Nights

We'll explore:

- how light, food timing, stress load, and screens influence melatonin
- how emotional labor and caregiving increase hyperarousal
- how irregular routines weaken your sleep drive
- how even small lifestyle shifts create big improvements

This course is practical, gentle, and rooted in real physiology ... not perfection.

The 3 Core Pillars of the Sleep Reset

Throughout the program, you will work with:

- 1.Circadian Rhythm Reset: Morning light, predictable evening signals, temperature alignment.
- 2.Sleep Homeostasis Support: Food timing, movement, caffeine management, pressure-building habits.
- 3.Nervous System Downshift: Calming practices, micro-tools, emotional regulation, stimulus control.

These three systems work together ... and when they do, sleep becomes predictable again.

What Results to Expect Through This Reset

This is not magic, but it is powerful. When these principles are applied daily, most women experience:

- faster sleep onset and a smoother transition
- fewer nighttime awakenings
- easier cooldown after hot flashes
- deeper rest and more stable mornings
- less stress around bedtime
- a steady, predictable routine that feels natural
- a sense of control and confidence

You will have a system that works ... even during stressful or hormonal weeks.

How to Use This Course for Maximum Results

Here are your guidelines:

- Don't try to change everything at once.
- Focus on one module at a time.
- Watch, listen, and implement the steps daily.
- Expect progress, not perfection.
- Use the included 21-Day Tracker to monitor your improvements.

- Pause and repeat any module that you need more time with.

Your brain and body change through repetition ... not intensity.

A Message of Reassurance

Before we begin, I want to offer this reminder:

You are not failing at sleep.

You have been surviving ... with shifting hormones, stress, responsibilities, and expectations no one prepared you for.

But your body still knows how to rest.

This course simply teaches you how to:

- quiet the noise
- reset the signals
- and create conditions where sleep becomes possible again

Naturally. Gently. Reliably.

This is your reset ... and I'm honored to guide you through it.

MODULE 1: Understanding Menopausal Sleep

What's Really Happening in Your Body

Welcome to Module 1.

This is where everything starts to make sense.

Before we begin changing your nights, you first need to understand why your sleep has changed ... and why it's not your fault.

For many women, peri-menopause and menopause bring sleep challenges they've never experienced before: sudden awakenings, heat surges, restless nights, early-morning tension, or the feeling of being exhausted but still unable to fall asleep.

In this module, you will learn:

- what your hormones are doing
- how your brain interprets these changes
- why nights feel unpredictable
- and which systems of the body regulate sleep

Once you understand these foundations, everything in the next modules will connect with clarity.

Let's begin.

SECTION 1: The Hormonal Shifts Behind Sleeplessness (estrogen, progesterone, cortisol)

As you enter your 40s and 50s, your hormonal landscape begins to shift ... gradually at first, and then more noticeably.

The three key hormones affecting your sleep are:

1. Estrogen

When estrogen fluctuates or decreases, your body becomes more sensitive to:

- temperature changes
- stress
- overstimulation
- emotional load

It also affects serotonin production, which influences mood and sleep regulation.

This is why many women feel both hotter and more emotionally reactive during this transition.

2. Progesterone

Often called the body's natural "calming hormone," progesterone has a soothing effect on the nervous system.

When progesterone declines:

- restlessness rises more easily

- falling asleep becomes harder
- the mind feels busier
- physical tension increases
- sleep becomes lighter and more fragile

You lose that natural “brake” that once helped your body settle at night.

3. Cortisol

Cortisol, the primary alertness hormone, also shifts during peri-menopause. It spikes more easily, stays elevated longer, and is triggered by even small stressors, including heat.

This creates the tired-but-wired feeling: your body is exhausted, but your nervous system won’t switch off. This alone can significantly disrupt your ability to fall asleep or stay asleep.

SECTION 2: Why Hot Flashes and Night Sweating Trigger Awakenings

Hot flashes are not just a sensation of heat ... they are a full nervous system activation. Here is what happens physiologically:

- Your brain misinterprets your internal temperature as “too hot.”
- It triggers a rapid cooling response: sweat, heat surge, heart rate increase.
- This activates the sympathetic nervous system ... the same system that responds to daily stress.
- Your brain exits deeper sleep stages instantly.
- You wake up abruptly, often with a sense of urgency or discomfort.

That’s why even when a heat surge is mild, it can still break the sleep cycle abruptly. And if this happens multiple times per night, it creates a pattern of fragmented rest.

SECTION 3: The Role of the Circadian Rhythm After Age 40

Your circadian rhythm ... your internal 24-hour clock ... changes naturally with age.

After 40:

- melatonin production decreases
- evening melatonin release happens later
- the brain becomes less responsive to light cues
- the “sleep pressure” signal weakens
- You become more sensitive to inconsistency in routine

This makes you more vulnerable to:

- late-night screens
- evenings with bright light
- irregular bedtimes
- emotional stress
- heavy dinners
- late caffeine

This is why routines and light exposure become so important ... and why this course focuses heavily on them.

SECTION 4: Stress Physiology & the “Tired but Wired” Syndrome

One of the most common experiences during peri-menopause is lying in bed feeling:

- exhausted
 - foggy
 - emotionally drained
- ...yet your mind is alert, busy, or restless.

This happens because:

- cortisol is elevated
- the sympathetic system is activated
- progesterone (your calming hormone) is lower
- heat sensitivity keeps the brain “on guard”
- physical load increases internal tension

Your body may be tired, but your nervous system is still in protection mode.

This is why calming practices, evening routines, breathwork, and micro-signals of safety make such a dramatic difference.

You’re not fighting the mind you’re retraining the nervous system.

SECTION 5: What Creates Fragmented Sleep in Peri/Menopause

Sleep fragmentation can come from many interconnected sources:

- hormonal fluctuations
- hot flashes
- temperature spikes
- increased stress sensitivity
- irregular routines
- emotional overload
- loss of sleep pressure
- decreased melatonin
- nighttime restlessness
- caregiving responsibilities
- physical discomfort

Most women have more than one contributing factor.

This course addresses all of them systematically and gently.

SECTION 6: The Real Reasons Sleep Becomes Unpredictable

The unpredictability many women feel is not random.

It is caused by:

- unstable estrogen ... causing temperature reactivity
- low progesterone ... leading to increased alertness
- cortisol spikes ... triggering early-morning awakening
- stress load ... driving hyperarousal
- inconsistent routines ... causing circadian misalignment
- emotional labor ... fueling persistent mental noise
- nighttime overstimulation ... delaying sleep onset

When these layers overlap, nights become inconsistent and frustrating.

Our goal is to rebuild predictability through daily anchors and the nervous system reset.

SECTION 7: The 3 Systems That Regulate Sleep (circadian, homeostatic, autonomic)

Your sleep is controlled by three major systems:

1. Circadian System ... "WHEN you sleep"

This system sets your internal clock.

It responds to: light, darkness, temperature, routine, and the timing of food.

If your circadian rhythm is misaligned, your sleep feels unpredictable.

2. Homeostatic Sleep Pressure ... "HOW MUCH you sleep"

This is your natural build-up of sleepiness throughout the day.

It is strengthened by: morning light, daytime movement, caffeine timing, stable eating habits, and emotional decompression.

If you sit all day, eat late, or drink caffeine too late, sleep pressure weakens.

3. Autonomic Nervous System ... "HOW DEEPLY you sleep"

This system regulates: relaxation, heart rate, stress response, temperature, and emotional activation.

If the sympathetic system is too active, it blocks deep sleep.

This is why we build nightly "safety signals" to calm your entire system.

CLOSING MODULE 1

You've just learned the foundations of everything we will work on in the next modules.

Your sleep challenges are not random.

They are not personal failures.

They are not signs that something is wrong with you.

They are physiological, predictable, and highly responsive to the right strategies.

Now that you understand what is happening inside your body, you're ready for the next step.

MODULE 2: Rebuilding Your Evening System Your New Bedtime Ritual & Nighttime Safety Signals

Welcome to Module 2.

If Module 1 explained why your sleep has changed...

Module 2 teaches you how to give your brain the signals it needs to finally rest again.

Most women try to fix sleeplessness by forcing sleep ... but sleep cannot be forced.
It responds to predictability, softness, warmth, cooling, and emotional decompression.

In this module, you will learn the exact structure of an evening system that:

- calms your nervous system
- prevents overstimulation
- reduces the impact of night heat
- lowers nighttime cortisol
- prepares the body for deep, natural rest

This is where your nights begin to change.
Let's start.

SECTION 1: The Importance of Predictability for the Brain

Your brain is always scanning for safety. In peri-menopause and menopause, this "scanning" becomes more sensitive because:

- hormones fluctuate
- temperature regulation weakens
- stress circuits activate more easily
- noise, light or thoughts feel louder

The brain relaxes only when it knows what to expect.
A predictable evening pattern becomes a powerful signal:
"We are safe. We can slow down. We can rest".

Even 15 minutes of consistency every night can transform the quality of your sleep.

SECTION 2: Light Temperature and Evening Lighting Rules

Light is one of the strongest signals for the brain.

In the evening:

- warm light = nighttime
- cool & bright light = daytime

After age 40, your brain becomes more reactive to evening light, especially:
bright kitchen lights, bathroom mirrors, overhead lamps, phone screens, tablets and TVs.

To protect your sleep:

1. Switch to warm light by using 2700K bulbs or lower.
2. Turn off overhead lights: Use lamps or indirect lighting.
3. Reduce screen exposure after sunset. If you must use screens, enable low brightness, dark mode, and blue light filters.
4. Keep light low the last 60–90 minutes: Low light = melatonin protection.

You are teaching your brain to enter nighttime mode.

SECTION 3: The 15-Minute Evening Routine (Step-by-Step)

This is the heart of the course.

Your evening routine is not “self-care”... it is neurophysiology.

Here is the step-by-step structure you will repeat nightly:

Minute 0–3: The 3-Line Mental Decompression

Write down exactly three things:

1. One thing you completed today
2. One thing you're grateful for
3. One thing you can handle tomorrow, but not tonight

This removes mental load and prevents nighttime overthinking.

Minute 3–6: The 4–6 Relaxation Breath

Inhale 4 seconds / Exhale 6 seconds / Repeat 6 cycles.

This lowers cortisol and activates your para-sympathetic system.

Minute 6–10: Shoulder, Jaw, Pelvis Release

Release the three main “stress storage” points:

shoulders soften downward, jaw unclenches, pelvis widens and relaxes.

Each release tells the brain: tension is leaving the body.

Minute 10–15: Prepare Your Sleep Environment

- dim lights
- fresh, cool air
- water nearby
- adjust bedding layers
- set your cooling tools (fan, cool cloth, light pajamas)

This routine conditions your brain:

“This sequence = sleep is coming”.

Consistency is more important than perfection.

SECTION 4: The 3-Line Mental Decompression (Deep Explanation)

Why does this simple exercise work so well?

Because nighttime tension is rarely emotional.

It's cognitive processing without boundaries.

Your brain reviews: responsibilities, conversations, unfinished tasks, worries, and caregiving demands.

Writing only 3 lines creates a gentle “closure” signal.
It helps your prefrontal cortex stop planning and allows your emotional brain to settle.
This reduces nighttime ruminations dramatically.

SECTION 5: The 4–6 Relaxation Breath

This breath pattern is used in advanced relaxation settings because it:

- lowers heart rate
- reduces cortisol
- calms the vagus nerve
- signals “safe to sleep” to the brain

The key is the long exhale.

That’s the switch from alertness to rest.

Practice: 4 seconds inhale / 6 seconds exhale / Repeat 6 cycles.

SECTION 6: Shoulder / Jaw / Pelvis Release

These three body areas hold most of your stress and emotional load.
Releasing them creates a full-body calming effect.

Shoulders: Drop them down and back.

Feel them melt away from your ears.

Jaw: Open a small space between your teeth.

Let your tongue soften.

Unclench.

Pelvis: Let the lower belly expand.

Soften your hips.

Release any gripping.

This trio release helps your nervous system transition into para-sympathetic dominance — the state where sleep becomes possible.

SECTION 7: Creating a “Cooling Microclimate” for Hot Flashes

If you deal with hot flashes, nighttime cooling is essential.

A cooling microclimate includes:

- light, breathable layers
- cotton or linen sheets
- a ventilated or gel pillow
- a small fan angled to the side, not directly on you
- Keep the room temperature between 60 and 67 degrees Fahrenheit
- quick-change pajamas
- a cool cloth at bedside

Cooling is not a luxury ... it is a biological requirement for women in menopause.

Once heat and sweating decrease, nighttime awakenings reduce significantly.

SECTION 8: Eliminating Nighttime Overstimulation

What overstimulates your brain at night?

Bright screens, scrolling, heavy conversations, late-night work, loud TV, sugar late in the evening, intense exercise in the evening, bedroom clutter, and emotional overwhelm.

To protect your brain:

- turn off screens 60 minutes before bed
- avoid emotional conversations after 9 PM
- leave your phone outside the bedroom
- dim all lighting
- prepare your space for comfort and calm

Your brain cannot enter rest mode if it is processing noise, motion, light, or emotional load.

SECTION 9: How to Use Sleepiness - Not the Clock - as Your Guide

One of the biggest mistakes women make is using the clock to decide bedtime.

Your body does not sleep on command.

It sleeps when sleep pressure, circadian rhythm & a calm nervous system align.

Your signal for bedtime is: drooping eyelids, softer breathing, slower thoughts, body heaviness, and a subtle “pulling downward” feeling.

If you get into bed too early, you will lie awake and train your brain to associate bed with wakefulness.

If you get into bed too late, overtiredness keeps your system alert.

Trust your body's cues.

They are more accurate than any schedule.

CLOSING MODULE 2

You have now learned the science and structure of your new evening system.

This is one of the most transformative parts of the entire course.

When repeated consistently, it:

- lowers nighttime stress
- stabilizes temperature
- reduces awakenings
- deepens sleep
- signals safety to the nervous system
- prepares the brain for deep rest

Your evenings are no longer random.

They are intentional. They are supportive. They are restorative.

MODULE 3: Managing Night Wakings & Hot Flashes

What To Do When You Wake Up at 2–3 AM

Welcome to Module 3.

This module is one of the most important in the entire course ... because night wakings and sudden heat variations are often the reason women feel powerless over their sleep.

You are about to learn a repeatable, step-by-step protocol that tells your body exactly how to return to sleep naturally... without frustration, fear, or overthinking.

If you've been waking up at 2 or 3 AM ... feeling hot, alert, restless, or suddenly wide awake, this module will finally give you clarity and control.

Let's begin.

SECTION 1: Why Nighttime Awakenings Happen

Night wakings are not your fault.

They are the result of several overlapping physiological changes:

- declining estrogen
- higher nighttime cortisol
- weaker temperature regulation
- stress accumulation
- blood sugar fluctuations
- changes in melatonin timing
- overactive nervous system

In peri-menopause and menopause, the brain becomes more sensitive to heat, emotions, thoughts, and internal activation.

This means: A small rise in temperature - a worry - a noise - a dream - can wake you up. Understanding this removes the self-blame and opens the door to a practical solution.

SECTION 2: Heat-Driven vs. Stress-Driven Wakings

Knowing the difference helps you respond the right way.

Heat-Driven Wakings:

These feel like:

- sudden warmth spreading upward
- sweating
- flushing in the chest or face
- feeling "overheated from inside"
- throwing the covers off

These awakenings are usually triggered by: temperature spikes, late-evening heavy meals, alcohol, blankets that trap heat, or natural hormonal fluctuations.

🔥 Heat-driven wakings respond best to cooling first.

Stress-Driven Wakings:

These feel like:

- racing thoughts
- tension in chest or jaw
- sudden “alertness”
- worry or planning
- feeling startled or on guard

These awakenings are triggered by: elevated nighttime cortisol, unresolved mental load, stress stored in the nervous system, emotional processing, or overtiredness.

⚡ Stress-driven wakings respond best to breathing & somatic calming first.

SECTION 3: The Complete 5-Step Night Waking Protocol

This is your nighttime roadmap to use any time you wake up.

Follow the steps in order, gently and without urgency.

STEP 1: No Clock-Checking

Looking at the clock activates the “sleep math” spiral:

“How many hours are left? How will I function tomorrow? Why is this happening again?”

This increases cortisol and prolongs the awakening.

So: keep clocks out of sight.

Turn your phone face-down or outside the room.

Do not check the time.

Your only job is to return your system to safety.

STEP 2: Gentle Cooling (30–90 seconds)

If you feel warm - even slightly - start here.

Cooling techniques: uncover your feet, remove one bedding layer, place a cool cloth on your neck, wrists, or chest, tilt a small fan sideways toward the bed (never directly on your face), or shift to a cooler side of the pillow.

Cooling works fast: It brings your core temperature back into the comfort zone and quiets the sympathetic system.

Even 30 seconds can make a difference.

STEP 3: The 4–6 Breathing Reset (2–3 minutes)

This is your physiological brake pedal.

Inhale 4 seconds / Exhale 6 seconds / Repeat 6 cycles.

Benefits: lowers heart rate, decreases cortisol, activates the vagus nerve, shifts your system back toward a parasympathetic state, and prepares your mind for sleep.

If thoughts arise, let them drift.

The breath will carry you into softness.

STEP 4: Cognitive Shuffle (1–2 minutes)

For racing thoughts or mental spinning.

The Cognitive Shuffle works by confusing the problem-solving part of your brain so it stops trying to “figure out” your life at 3 AM. Here’s how: Think of random, unrelated, neutral images, like: apple - bridge - curtain - river - pencil - lantern - candle - door - orange.

No story. No logic. Just one image, then another.
Within minutes, the brain loses the “thread,” and the mind slips back into pre-sleep mode.

STEP 5: When to Get Out of Bed (Stimulus Control)

If you are still awake after what feels like an extended window, do not stay in bed awake.
Staying in bed trains your brain to associate bed with wakefulness.

Instead: get up, go to a dim, warm-lit room, sit comfortably, read a dull, calm book, do a simple puzzle, knit, or gently stretch.

No phone, no screens.

Return to bed only when your eyelids feel heavy again.

This retrains your brain quickly and effectively.

SECTION 4: Micro-Snacks for Hunger-Based Wakings

Some 2–3 AM awakenings are triggered by blood sugar drops.

Signs include: slight shakiness, hunger, “emptiness” in stomach, irritability, or difficulty falling back asleep.

A small, balanced micro-snack can help: a spoon of Greek yogurt with a pinch of oats, half a banana with almond butter, a few nuts, or warm milk or plant milk.

Avoid full meals or sugar. Keep it tiny, calm, and balanced.

SECTION 5. Safety Signals for the Nervous System

Your nervous system needs reassurance at night.

You can use gentle cues like: relaxing your jaw, feeling the weight of your body in the bed, placing a hand on your chest or abdomen, a slow exhale, softening your shoulders, or mentally saying: “You’re safe.”

Women often underestimate how powerful these small signals are.

Your body listens more to these cues than to your thoughts.

SECTION 6: When to Rule Out Medical Causes

While most night wakings respond beautifully to lifestyle shifts, there are times when you should check with a healthcare professional.

Consult a professional if you experience persistent physical discomfort, unusual respiratory variations, rapid heart palpitations at night, or unmanageable daytime stress.

Getting clarity is empowering and often the next step in supporting your sleep.

CLOSING MODULE 3

You now have a complete nighttime roadmap, one that brings you out of fear and into confidence. Night wakings are no longer mysterious.

They are solvable.

With this module, you are learning to: respond instead of panic, cool instead of fight, breathe instead of spiral, soothe instead of stress, get up when needed, and return to sleep with calm authority.

Your nights will start to feel safer. Your body will trust the process. You will feel in control again.

MODULE 4: Resetting Your Daily Rhythm Your 24-Hour System for Better Sleep

Welcome to Module 4.

In this section, we shift the focus from the night... to the entire day.
Because better sleep isn't something you create only at bedtime.

Sleep is built gently, steadily through the small rhythms that shape your morning, afternoon, and evening.

This module will teach you a simple, science-based truth:
Your daytime behaviors determine 70% of your nighttime success.

Let's begin.

SECTION 1: Why Sleep Is Built During the Day

Most women try to fix sleep only at night, but this is like trying to bake bread by adjusting only the final minute of cooking.

Your sleep pressure, your cortisol curve, your temperature rhythm, your emotional regulation, all of them, are shaped by the previous 12–16 hours.

When your day works with your biology, your night becomes predictable and restorative.
The goal of this module is to teach you how to build a 24-hour rhythm that naturally guides the body toward sleep ... without forcing anything.

SECTION 2: The 3 Daily Anchors

Your entire sleep health can be stabilized by repeating three essential anchors every day:

Morning light
Daytime movement
Evening routine

These three signals speak directly to your circadian rhythm and your autonomic nervous system.

Repeat these anchors consistently, and your sleep becomes more resilient ... even during stressful weeks.

Let's explore each one.

ANCHOR 1: Morning Light

Morning light is the master controller of your circadian clock.
Within the first 60 minutes after waking:

- open your window
- step outside for 5–10 minutes
- or stand near a bright window

Even on cloudy days, outdoor light is 10–50 times stronger than indoor lighting.

This light:

- boosts serotonin
- regulates cortisol
- calibrates melatonin for the evening
- improves mood and focus
- anchors your internal rhythm

Light in the morning literally tells your body:

“The day has begun...you’ll be ready to sleep later.”

ANCHOR 2: Daytime Movement

Movement is not about burning calories...it is about regulating hormones and building sleep pressure.

Short, frequent movements throughout the day help:

- stabilize blood sugar
- reduce cortisol
- prevent afternoon crashes
- increase homeostatic sleep drive
- support body comfort

You don’t need long workouts.

Just think:

- 5 minutes of walking
- a flight of stairs
- gentle stretching
- a midday stroll
- desk breaks every hour

Light, consistent movement builds the biological “drive” that makes falling asleep faster and easier.

ANCHOR 3: Evening Routine

Your evening routine is your nighttime bridge.

You learned the full routine in Module 2, but here’s a reminder of what signals “night mode” for the brain:

- warm, low lighting
- cooling the room
- the 15-minute decompression ritual
- release of shoulder - jaw - pelvis tension
- 4–6 breathing
- avoiding overstimulation
- entering bed only with real sleepiness

This is not a luxury...it shows you communicate safety to your nervous system.

SECTION 3: The Morning Reset: Light + Movement + Stabilizing Breakfast

Your morning decides how your evening will feel.

Here's your simple morning formula:

5–10 minutes of bright natural light

2–5 minutes of movement

A stabilizing breakfast with protein

Protein in the morning:

- stabilizes blood sugar
- reduces cravings
- prevents afternoon energy dips
- lowers stress reactivity
- supports temperature regulation

Examples: Greek yogurt, eggs, tofu scramble, cottage cheese, or chia pudding with nuts.

Avoid starting your day with sugar ... it destabilizes your cortisol curve and sets up a “wired-tired” cycle.

SECTION 4: Managing Afternoon Energy Dips

Around 1–4 PM, cortisol naturally dips.

For women in peri-menopause, the dip can feel dramatic.

Instead of fighting it, support it.

Use the 3-minute reset:

- step outside for light
- walk for 2–4 minutes
- drink water or herbal tea
- take 3 slow breaths

If extremely tired, a 10–20 minute nap before 3 PM is fine ... but avoid late-afternoon naps, which disrupt nighttime sleep pressure.

SECTION 5: Caffeine Timing and Alternatives

Caffeine is not forbidden, but timing is everything.

General guideline:

☕ No caffeine after 12–1 PM.

After this time, caffeine:

- increases nighttime cortisol
- increases body heat
- disrupts melatonin
- causes 2–3 AM awakenings

If you need alternatives: decaf, herbal teas, chicory coffee, warm lemon water, rooibos, or barley coffee. Small adjustments make big differences.

SECTION 6: Micro-Movements to Regulate Stress Hormones

When you sit for many hours, cortisol stays elevated.

This creates: restlessness, added stress, wired but exhausted state, and nighttime wakefulness.

Every hour, aim for 1–2 minutes of:

- shoulder rolls
- gentle stretching
- slow squats
- walking to get water
- standing while on the phone
- stretching chest at a doorway

These small “intentions” help your nervous system reset all day long.

SECTION 7: Structuring a Hormone-Friendly Dinner

Dinner plays a major role in nighttime stability.

Follow this formula:

-  ½ plate cooked vegetables
-  ¼ plate lean or plant protein
-  ¼ plate complex carbs (rice, quinoa, sweet potato)
-  a small amount of healthy fats

Avoid: heavy, fried meals, spicy foods, late dinners, and alcohol (especially close to bedtime).

If dinner is early and you feel hungry before bed, use a light micro-snack, such as: yogurt & oats, nuts, half a banana, or a spoon of almond butter.

Balanced, calm digestion = calmer nights.

SECTION 8: Matching Bedtime to Natural Sleepiness Signs

Don't chase the clock.

Follow the rhythm of your body.

Sleepiness signs include: heavy eyelids, slower blinking, subtle yawns, body temperature dropping, feeling quieter inside, and difficulty focusing on screens.

Go to bed when sleepiness is real, not when you think you “should”.

This alone can support your transition beautifully.

CLOSING MODULE 4

You've now learned how your entire day supports your night.

By repeating your three anchors:

☀️ Morning light

🚶 Daytime movement

🌙 Evening routine

You create a stable, predictable, hormone-friendly rhythm that naturally guides your body into deeper, more continuous sleep.

These are not tricks.

They are physiological signals.

And when you send these signals daily, your sleep becomes less fragile...
more consistent...

and much easier to trust.

MODULE 5: Deep Nervous System Reset

How to Calm a “Tired-but-Wired” Body

Welcome to Module 5.

This module is one of the most important in the entire course ... because for many women in peri-menopause and menopause, sleeplessness is not simply a sleep problem.

It is a nervous system imbalance.

A body that is exhausted... but wired.

A mind that is begging to rest... but cannot “switch off”.

Tonight, we begin resetting that system ... gently, somatically, and scientifically.
Let's begin.

SECTION 1: Why Peri-Menopausal Sleeplessness Is a Nervous System Imbalance

Hormonal changes affect:

- cortisol rhythm
- adrenaline sensitivity
- body temperature regulation
- emotional reactivity
- the brain's “threat detector”.

When estrogen fluctuates, the brain becomes more sensitive to stress signals.

Small triggers feel bigger.

Minor worries feel heavier.

Heat, noise, or discomfort wake you more easily.

This is not your fault.

And it does not mean your body is broken.

It simply means your nervous system is overwhelmed and needs steady, predictable cues of safety.

You will learn those cues in this module.

SECTION 2: Rebalancing the Sympathetic - Parasympathetic System

Your body has two modes:



Sympathetic: alert, activated, fast, vigilant (tired-but-wired lives here)



Parasympathetic: calming, grounding, restorative (deep sleep lives here)

Sleeplessness happens when you get stuck in sympathetic mode.

We're not trying to shut off stress ... we are teaching your body how to shift into the calming parasympathetic lane.

The techniques we'll use today:

- breath lengthening
- muscle-release patterns
- somatic grounding
- cognitive de-hooking
- safety cues for the brain

These are powerful because they work directly on your biology, not on your willpower.

SECTION 3: The 60-Second Body Switch

This is one of the fastest tools you can use anytime you feel: wired, restless, overheated, overwhelmed, or on edge.

Here's the sequence:

Step 1: Gentle contraction

Tighten your shoulders, jaw, and pelvis very lightly for 3 seconds.

Step 2: Full release

Let everything drop for 10–15 seconds.

Feel the difference.

Repeat 2–3 cycles.

Why it works: Your brain understands contrast.

When it feels the “letting go,” it automatically activates the calming system.

This is a physiological reset — not a mental one.

Use it during: night wakings, pre-bed tension, hot flashes, stressful waves, or demanding conversations.

One minute.

Big shift.

SECTION 4: The “Jaw–Pelvis Circle” of Tension

Many women don't realize that tension in the jaw and in the pelvis are neurologically connected.

If your jaw is tight, your pelvic floor often tightens too ... and both increase nighttime hyperarousal.

Here's how to soften the circle:

Jaw release: Let your teeth separate.

Soften the tongue.

Let your lips feel heavy.

Unclench.

Pelvis release: Exhale slowly and imagine the pelvic floor widening like a gentle hammock.

When both relax together, your nervous system interprets this as: "The threat is gone." Try this before bed and during night wakings.

SECTION 5: Somatic Calming Skills You Can Use Anytime

These skills are your tools for shifting from overwhelm to calm.

1. Hand-to-Chest Pressure

Place one hand on your sternum.

Press gently.

Breathe slowly.

This calms heartbeat and reduces urgency.

2. Swaying

Stand or sit.

Let your body sway slightly side to side.

Rhythmic movement signals safety.

3. Exhale-Focused Breathing

Inhale naturally.

Exhale slowly for 6 seconds.

Repeat 6 cycles.

4. Grounding Through Contact Points

Feel the weight of your back on the chair, or your body on the mattress.

Name 3 points of contact.

This brings the mind back into the body.

5. Heat Release Visualization

Imagine heat leaving your chest through your exhale.

Extremely helpful during hot flashes.

These methods train your brain to downshift more easily every night.

SECTION 6: Mindset Traps That Activate Hyperarousal

Nervous system activation is often worsened by cognitive traps, patterns of thinking that increase adrenaline.

Here are the three most common:

Trap 1: Catastrophizing Tomorrow

Thoughts like, 'I won't function,'

'My day will be ruined,' or

'I can't handle this' spike cortisol.

Shift your mindset to: 'Tomorrow I'll adjust, I have done it before.'"

Trap 2: Clock Checking

Time-tracking increases panic and keeps the brain in “survival mode”.

Solution:

Turn your clock away.

At night ... no time checking.

Trap 3: The perfectionism of sleep.

Thoughts like,

'I must sleep eight hours,'

'I can't wake up,' or

'I can't have a bad night' create rigid expectations and pressure that makes sleep harder.

Reframe this by saying: “Functional sleep is enough”

Functional means:

- fall asleep with a gentle, easy transition
- 0–1 manageable wake-ups
- wake clear enough to start the day

This frees the brain from threat mode.

SECTION 7: Emotional Regulation at Night

When you wake up with: worry, heart racing, heat, or an “I am wide awake” feeling, you’re not experiencing a broken system - you are experiencing emotional arousal.

Here’s the nighttime protocol:

1. Place one hand on your chest. Say internally: “Right now, I’m safe”.
2. Exhale longer than you inhale.
3. Relax jaw & pelvis together.
4. Drop your shoulders on the exhale.
5. Cognitive Shuffle: Think of random neutral images: “apple ... bridge ... scarf ... window”. Your brain cannot “solve problems” when presented with unrelated images.
6. If still awake after what feels like an extended window:
Get out of bed with dim amber light.
Sit somewhere comfortable.
Read a few boring pages.
Return only when sleepiness comes back.

This rewires your brain to associate the bed with sleep, not stress.

SECTION 8: The “Functional Expectation” Mindset

This is one of the most liberating tools in the course.

The goal is not perfect sleep.

The goal is functional sleep.

When you shift your expectation from perfection to functionality, your nervous system relaxes.

Say to yourself: "Tonight I focus on the signals, not the outcome. I do my anchors, I follow my routine, and I let my body do the rest".

This mindset:

- reduces pressure
- reduces adrenaline
- supports your transition
- shortens night wakings
- increases confidence

It is extremely powerful.

SECTION 9: Dissolving the Fear of Not Sleeping

Fear is the real engine of nighttime restlessness.

To dissolve this fear:

Name it kindly: "This is stress talking, not truth".

Create distance: "I'm having the thought that I won't sleep ... but I don't need to believe it".

Reaffirm safety: "My body knows how to sleep. It's allowed to rest".

Focus on cues, not control: Breath, Jaw, Pelvis, Lighting, Cooling, and Routine.

Rehearse your Playbook: Knowing what to do if sleep doesn't come is what removes fear.

When fear dissolves, sleep returns naturally.

CLOSING MODULE 5

You now have a complete toolkit to calm your nervous system on demand.

Remember: You are not trying to "force" sleep.

You are guiding your body into the conditions where sleep becomes easy again.

Your body is wise.

Your system is trainable.

And with these tools, your nights will steadily become softer, quieter, and more predictable.

MODULE 6: Your Long-Term Sleep Blueprint

Integrating Everything Into a Daily, Repeatable System

Welcome to Module 6:
The final step of your Mindful Sleep Reset.

This module ties everything together.
Because sleep is not built from a single technique... or a single routine... but from a 24-hour rhythm that repeats gently, day after day.

Tonight, you'll learn how to turn everything you've practiced into a predictable, long-term system that supports deep, restorative sleep — even during stressful weeks, busy seasons, and hormonal shifts.

Let's begin.

SECTION 1: How to Create Your Personal 24-Hour Sleep Rhythm

A good night of sleep starts in the morning.
Your sleep rhythm is a full loop: Morning ... Afternoon ... Evening ... Night...
Each phase sends biological signals that prepare the next one.

Here is what we reinforce:

Morning

- light exposure
- a bit of movement
- a stabilizing breakfast

These signals say: "Day has begun".

Melatonin off.

Cortisol steady.

Energy balanced.

Afternoon

- movement breaks
 - smart caffeine timing
 - managing the natural energy dip
- These signals prevent evening overstimulation.

Evening

- warm, dim lights
- predictable routine
- gentle nervous system downshift

These signals tell the brain: "It's safe to let go".

Night

- comfort
- cooling
- stimulus control
- nervous-system safety

These signals help sleep stay restful.

When all four phases work together, your nights become more predictable ... and your confidence around sleep grows.

SECTION 2: Morning - Afternoon - Evening - Night Flow

Let's break down your daily flow into simple, repeatable steps.

MORNING FLOW

1. Light within 60 minutes of waking

Even on cloudy days. Even indoors. Light is your circadian anchor.

2. 5 minutes of movement

Stairs, a short walk, gentle mobility.

3. Protein-first breakfast

Helps stabilize glucose, energy, and mood.

These three morning anchors build your sleep pressure correctly for the night.

AFTERNOON FLOW

1. Limit caffeine after early afternoon

This protects your deep sleep stage.

2. Micro-movements every hour

2–3 minutes of gentle motion keeps stress hormones from accumulating.

3. Manage the natural energy dip

Light snack, quick stretch, brief sunlight if possible. Avoid long naps; if necessary, keep it 10–20 minutes.

These steps prevent the “wired evening” feeling.

EVENING FLOW

1. Reduce brightness & shift to warm light

Dim lights = melatonin signal.

2. 15-minute evening routine

- 3-line decompression

- 4–6 breath

- shoulder...jaw...pelvis release

- gentle cooling

3. Light, digestible dinner 2–3 hours before bed

4. Use sleepiness ... not the clock ... as your guide

Enter bed only when the eyelids truly feel heavy.

NIGHT FLOW

1. Stimulus control

If awake for an extended window, get up with soft amber light.

Return only when sleepy.

2. Cooling strategy

Layered bedding, breathable fabrics, cool pillow.

3. Night waking protocol

Cooling → breathing → cognitive shuffle → release.

Your night flow is now a skill ... something your body learns, remembers, and trusts.

SECTION 3: Recovery After a Bad Night

Bad nights will still happen ... for every human being.

What matters is the recovery pattern, not the interruption.

Here's your simple recovery plan:

Morning

- get light
- move a little
- have a protein-rich breakfast
- no sleeping in

Afternoon

- avoid caffeine late
- micro-movements
- optional short nap (10–20 minutes max, before 3 PM)

Evening

- warm lights
- short routine
- cooling
- go to bed at your usual time (not earlier!)

This prevents the “sleeplessness spiral” that happens when you try to compensate.

A bad night does not define your sleep ... your recovery does.

SECTION 4: Weekly vs. Nightly Progress Tracking

Improvement does not show up perfectly each night.

Sleep improves in weekly patterns, not daily ones.

Here's how to track:

Weekly view

Look at your past 7 days and ask:

- Did I transition into rest faster overall?
- Are night wakings shorter?
- Is my morning clarity more stable?
- Did I follow my anchors most days?

Weekly trends matter more than nightly fluctuations.

Nightly view

Just use 3 indicators:

- your ease of drifting off
- number of prolonged wakings
- quality of wake-up

But don't obsess.

These are guides ... not grades.

Over time, you'll see your data shift toward predictability.

SECTION 5: Long-Term Sleep Resilience Habits

These habits keep your sleep steady through stress, travel, hormones, and busy seasons:

1. Maintain your 3 daily anchors: morning light, movement, and evening routine.
2. Dinner: light & early when possible. Protects thermoregulation and sleep depth.
3. Cooling strategy ready every night. Especially in peri-menopause.
4. Boundaries around technology: 1-hour tech wind-down removes overstimulation.
5. Functional expectations: Not "perfect sleep," but "sufficient sleep."
6. Stick to your wake-up time: Even on weekends. This is one of the most powerful stabilizers.

These small habits create long-term resilience ... your new sleep foundation.

SECTION 6: Adjustments for Travel, Stress & Hormonal Shifts

Life will always change ... and your sleep system must stay adaptable.

Here's what to do:

During travel

- prioritize morning light
- keep the evening routine
- don't chase perfect sleep
- keep room cool

During stressful weeks

- lean heavily on the 4–6 breath •break the day with micro-movements •dim lights earlier
- keep dinner light

During hormonal changes (fluctuations, peri-menopause waves, cycle shifts)

- support thermoregulation
- increase body-release techniques
- use stimulus control
- prepare cooling tools in advance

Your system becomes resilient when you focus on consistency, not perfection.

SECTION 7: Your Complete Personal Sleep Playbook

This course has given you many tools.

Now it's time to create your one-page blueprint.

Your Sleep Playbook includes:

1. My Sleep Works Best When...

Examples: morning light + 20 minutes walking, dinner before 8 PM, cooling routine, 15-minute evening ritual, or a predictable bedtime window.

2. My Sleep Gets Worse When...

Examples: drinking alcohol, late screens, heavy dinners, evening arguments, or exercising too late.

3. My Plan B for Rough Nights

Examples: cool washcloth, 4–6 breath, jaw–pelvis release, cognitive shuffle, stimulus control, or a micro-snack if truly hungry.

This page will guide you every time life gets noisy.

SECTION 8: Course Summary & Final Message of Empowerment

You've reached the end of this journey.

Let's recap what you now know how to do:

- reset your circadian rhythm
- manage night heat variations
- support sleep transition
- reduce night wakings
- calm a tired-but-wired body
- create a predictable 24-hour rhythm
- recover from difficult nights
- maintain resilience long-term
- remove fear around sleep
- trust your body again

This is not theory.

This is a practiced skill set... one you now own.

Your sleep is no longer a mystery. It is a system you can guide, adjust, and strengthen.

Your body is not broken.

It is responsive. It is wise. It is ready to rest.

And now... you have everything you need to support it for the rest of your life.

SECTION 9: How to Maintain Your Results Over Time

Keeping Your Sleep Steady Through Every Season of Life

Now that you've learned how to build your sleep system, the last step is learning how to maintain it ... gently, consistently, and without perfectionism. Long-term maintenance means choosing a few essential habits, and repeating them most days of the week. Let's break it down.

1. Keep your 3 daily anchors strong

These are your non-negotiables: morning light, daytime movement, and evening routine. If life gets chaotic, return to just these three for a few days and your system will naturally re-align.

2. Protect your wind-down hour

Consistency matters more than duration.

Even during busy seasons: dim the lights, reduce stimulation, slow the breath, and soften the body.

A calm evening ... a calmer night.

3. Stick to your wake-up time

This is one of the most powerful stabilizers of all.

If you wake up at the same time most days, your internal clock stays steady and your sleepiness window becomes predictable again.

4. Keep dinners light and early when possible

Because thermoregulation, digestion and glucose stability all influence your sleep depth.

If you occasionally eat late ... it's okay.

Just support the next night with a lighter, earlier meal.

5. Continue practicing nervous-system skills

Your breathing tools, your somatic releases, and your mindset shifts...

These are not "techniques" ... they're maintenance for your internal system.

A few minutes each evening is enough to keep hyperarousal low.

6. Revisit your Sleep Playbook every week

Update it as your life evolves.

Ask yourself:

"What worked well this week? What got in the way? What one adjustment would make next week smoother"?

This gentle reflection builds long-term resilience.

7. Expect fluctuations ... and know what to do

Good sleep does not require perfection. It requires consistency after interruptions.

When you hit a stressful week, a hormonal shift, a period of travel, or several nights of heat waves... return to: light in the morning, movement, evening routine, cooling, and stimulus control. Your system will naturally recover.

8. Avoid the “I’m cured ... I can stop everything” trap

Sleep is a living rhythm. It responds to your environment and choices every day.

This doesn’t mean you must follow strict rules ... it means your anchors stay gently present in your life.

Think of them as dental hygiene for your nervous system:

simple, daily acts that prevent problems.

9. Hold a “Functional Expectation Mindset”

Not: “I must sleep perfectly every night”.

But: “I aim for good enough over the week”.

This reduces pressure and protects you from relapse into evening stress.

10. Trust your body ... it now knows the way home

Your body has learned the signals of safety, cooling, calmness, and nighttime readiness.

Even during rough patches, your system now knows how to return to deeper, more restorative rest.

Your job is simply to support it ... not to control it.

What You Will Achieve After Completing All 6 Modules

If you follow these tools consistently, you can expect:

- ✦✦ Smooth sleep transition
- ✦✦ Fewer nighttime awakenings
- ✦✦ Easier management of night heat variations
- ✦✦ A calmer nervous system
- ✦✦ More stable daytime energy
- ✦✦ A predictable evening routine
- ✦✦ Greater confidence and less stress around sleep
- ✦✦ A clear system that works even during difficult weeks

This is your new foundation.

Your new rhythm.

Your new beginning.

Thank you so much for completing this journey.

By dedicating this time to your well-being, you have given your body and your mind a profound gift of care.

Remember, creating lasting balance is a daily practice of gentle consistency, not rigid perfection. Trust your anchors, keep your Playbook close, and let your system find its natural way back to rest.

You have the tools. You have the knowledge. And your body is fully ready to let go.

Thank you for allowing me to guide you on this beautiful pathway to renewal.

Goodnight, and sleep deeply.

© 2026 Natural Sleep Solutions | serenephase.com

Disclaimer: This guide is for educational and informational purposes only and does not substitute for professional medical care, diagnosis, or advice.

The statements herein have not been evaluated by the FDA.

This product is not intended to diagnose, treat, cure, or prevent any clinical condition.