

Your Sleep Reset Card

Evidence-informed things to try — with the why, so it makes sense.

A quick word before you start: if this feels almost too simple, that's on purpose — you've probably already got enough tabs open and enough to remember. This isn't one more thing to manage. Your check-in pointed you to the two or three most likely to help your pattern — start there. This works with your changing brain, not against it. — Maya

1. Give your brain a "parking lot" before bed.



Keep a notepad by the bed and, before lights-out, write down whatever's unfinished — the list, the worry, the thing to remember.

Why: when calming signals are lighter, the brain keeps circling open loops because it's afraid to drop them. Putting them on paper tells your brain they're safely held — so it doesn't have to keep holding them at 3 a.m.

2. Change the signal, not the effort.



If you wake and start thinking, don't try to force your mind blank. Instead, put your attention on one slow, physical thing — the feeling of the mattress under you, or a longer breath out than in.

Why: you can't "try harder" your way to sleep — effort keeps the alert system on. A slow exhale gently signals your nervous system that it's safe to stand down.

3. Cool the room, not just yourself.



Keep the bedroom cooler than feels obvious — and keep something breathable to switch to if you wake warm.

Why: as estrogen fluctuates, your body's temperature "comfort zone" narrows, so a small warmth that wouldn't have registered before can now nudge you awake.

4. Watch the evening "wired" triggers.



Notice how you sleep after alcohol, a big late meal, or a stressful scrolling session before bed — and experiment with shifting them earlier or lighter.

Why: a more sensitive stress-and-temperature system reacts more strongly to alcohol, heat, and late stimulation than it used to. The same wine that was fine at 35 can now be the thing that wakes you at 3.

5. Wind down before you're wired, not after.



Start slowing down 30–60 minutes before bed — dim lights, lower input — rather than going full-speed until the moment your head hits the pillow.

Why: with a lighter calming brake, the brain needs a longer runway to shift out of "on." Winding down early works with that.

6. If you wake, don't fight it — reset it.



If you're awake more than ~15–20 minutes and getting frustrated, don't lie there clock-watching. Do something calm and dull in low light — or press play on the audio — until sleepiness returns.

Why: lying awake frustrated teaches your brain to associate the bed with alertness, which deepens the pattern over time.

7. Steady the overnight dip.



If 3 a.m. wake-ups are your pattern, try a small, balanced snack earlier in the evening (protein + a little slow carb) rather than going to bed hungry.

Why: blood sugar can dip overnight, and for some women that dip adds to the early-hours wake-up. Bodies differ — try it and see.

8. Let a warm shower do the work for you.



About one to two hours before bed, take a warm — not hot — shower or bath for around ten minutes.

Why: warm water pulls blood toward your skin's surface, and as that heat leaves your body afterward, your core temperature drops faster — echoing the natural drop your body makes right before sleep. If heat or hot flashes are already part of your nights, this one may work against you — a cooler shower earlier in the evening is the better swap for you.

The one that matters most tonight: if you take nothing else in, take this — you can't force sleep, but you can send your brain a calmer signal. Everything on this card is a way to do that.

When you wake at 3 a.m.: you don't have to remember any of this. That's what the audio is for. Press play, and let one calm voice do the work while you rest.