

# *Transform your nights in 7 days*

You've heard all the usual sleep advice...  
and yes, it matters.

But what I've found — in myself, with clients, with women who  
haven't slept deeply in years  
is that timing is one of the most powerful pieces.

Did you know your deepest, most restorative sleep happens before  
midnight?

Those hours between 10 PM and 12 AM are like a natural doorway:  
your hormones shift, your system resets, and your mind begins its  
nightly "clean-up" cycle.

Sleep is richer, deeper, kinder.

So here's a simple 7-day reset to help you return to that rhythm:

For the next seven nights...

Try getting into bed by 9:30 PM, lights low, body soft, mind quiet.

Let the meditation or the hypnosis track carry you into sleep.

Then, and this is the magic,  
wake up when your body wakes up, even if it's early.

Even if it's 2 AM.

That early-morning window is gold.

Your brain is still in theta, the land of intuition, creativity, softness,  
and clarity.

Don't turn on bright lights.  
Just get up, make a warm drink (mine's waiting on a timer),  
and slip into a quiet chair.

Listen to a meditation.

Journal.

Stare into the soft dark.

Just be.

This early waking naturally resets your rhythm.  
By the next night, your body will be genuinely ready to sleep  
again at 9:30.

No pushing.

No forcing.

Just allowing.

Avoid napping during this week, not as punishment, but  
because you're teaching your body,

"We rest deeply at night."

Let this week be an experiment.

A reset.

A return.

Your body loves to sleep.  
It just needs the invitation.