



SLEEP AND INSOMNIA

What Can You Let Go of Tonight?

A 10-minute bedtime reset for a busy mind and a body that still feels alert.

This is not another list of sleep rules

You are not being asked to perfect your routine or make sleep happen. For ten minutes, the aim is simply to help the mind feel heard, put down what can wait and allow the body to become a little less alert. Sleep may follow; quiet rest still counts.

What has been on my mind?

Name the thoughts, conversations, responsibilities or feelings that have followed you into the evening. You do not need to organise them yet.

What feels unfinished or unresolved?

Some things need action. Others simply feel uncomfortable because they do not have an answer yet. Write down what your mind keeps returning to.

What can I let go of for tonight?

Not forever, and not because it does not matter. What are you willing to stop carrying until tomorrow?



GIVE THE MIND SOMEWHERE TO PUT IT

Leave the unfinished things here

A busy mind often repeats a thought because it does not want it to be forgotten. Recording it, and deciding when you will return to it, can create a clearer boundary around tonight.

1

WHAT KEEPS RETURNING?

Does this need action tonight? Yes No Unsure

If not tonight, one next step or a time to return to it:

2

WHAT KEEPS RETURNING?

Does this need action tonight? Yes No Unsure

If not tonight, one next step or a time to return to it:

3

WHAT KEEPS RETURNING?

Does this need action tonight? Yes No Unsure

If not tonight, one next step or a time to return to it:

A SENTENCE TO CLOSE THE DAY

This matters, but I do not have to solve it in bed. I can return to it tomorrow.



A GENTLE BODY-SETTLING PRACTICE

Help the body feel that the day is over

Stress, anticipation and the effort to sleep can leave the body on watch. This supported-head and side-gaze practice is often described as a vagus nerve exercise. Treat it as a gentle experiment, not a test you have to pass.

Get supported

1

Sit back in a chair or lie down so the weight of your head and back feels supported. Let your shoulders soften as much as they comfortably can.

Cradle the head

2

Interlace your fingers and place your hands behind the base of your skull. Let the head rest into your hands without pulling, stretching or forcing the neck.

Let the eyes look to one side

3

Keep your head facing forwards. Move only your eyes to the right, no farther than is comfortable. Stay for up to 30 to 60 seconds, breathing naturally.

Return through the centre

4

Bring your eyes back to centre and pause. Then repeat to the left. You might notice a swallow, sigh, yawn or deeper breath, but nothing has to happen.

Notice, rather than judge

5

Return your gaze to centre, lower your hands and take a moment. Has anything changed in your jaw, throat, breathing, shoulders or general sense of alertness?

KEEP IT COMFORTABLE

Stop if you feel pain, dizziness, eye strain or marked discomfort. This is a general relaxation practice, not medical treatment. A similar practice is demonstrated at youtu.be/A3NstDtc4OY.



PUT THE TWO PARTS TOGETHER

Your 10-minute bedtime reset

Use the whole sequence or only the part you need. It can be used before bed or when you wake with a mind that immediately starts working again.

0-2 min

Arrive

Get comfortable and notice what is present without trying to change it immediately. Your aim is rest, not performance.

2-5 min

Let the mind speak

Ask: What has been on my mind? Write down what keeps returning and decide what can wait until tomorrow.

5-8 min

Settle the body

Use the supported-head side-gaze practice. Keep every movement gentle and allow your breathing to find its own pace.

8-10 min

Let tonight be enough

Choose one closing sentence, put the page down and allow yourself to rest without checking whether sleep is arriving.

CHOOSE WORDS YOU CAN BELIEVE

Nothing else needs to be solved tonight.

I can let today be finished.

My job is to rest, not force sleep.

I can return to this tomorrow.

If the mind starts again

You have not failed and you do not have to begin the entire routine again. Ask one question: Does this need action now? If not, add it to the page and return to rest. You can repeat the body-settling practice once if it still feels comfortable.

Persistent sleep problems deserve proper support. Speak to your GP if poor sleep is continuing or affecting your health.