TAILORED THERAPY Natural Health

FREE GUIDE

Sleep & The Nervous System Reset

Gentle evening rituals & plant-based support
for deeper rest



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Your free gift — educational information only

Welcome — Why This Guide?

If you lie awake with a busy mind, or wake at 2-3am feeling wired, your nervous system may need a reset, not just more sleep hygiene tips.

Sleep and your nervous system are deeply linked. When your sympathetic (fight-flight) branch stays on after a busy day, your body finds it hard to drop into parasympathetic (rest-digest-restore). This free guide gives you a simple 60-minute evening reset ritual, plus gentle plant support, to help signal safety to your body.

> ***Important:*** *Educational information only, based on naturopathic and traditional knowledge. Not medical advice. If you have ongoing insomnia, sleep apnoea, severe anxiety, or take sedative medication, please seek support from your healthcare practitioner.*

Your Nervous System in 2 Minutes

Think of two branches:

Sympathetic — The Accelerator

- Active when stressed, rushing, scrolling, caffeine late, bright lights at night
- Heart rate up, shallow breathing, mind busy, digestion slows

Parasympathetic — The Brake (via Vagus Nerve)

- Active when safe, calm, exhale longer, warm, connected
- Heart rate slows, breathing deepens, digestion and sleep come easier
- Vagus nerve is the main brake — slow breathing, humming, gentle tea ritual, warm light all support it

> *We want to gently press the brake in the evening — not with force, but with consistent ritual.*

The 60-Minute Evening Reset Ritual

Do this in order 60-90 minutes before bed. You don’t need to be perfect — 4 out of 5 steps still helps.



Your evening tea ritual is a nervous system signal

Step 1 — Dim & Unplug (60 mins before bed)

• Dim overhead lights, turn on lamp or salt lamp
• Screens off or on night mode, no news/social scrolling
• Tidy one small surface — visual calm supports mental calm

Tip: If you must use phone, turn to grayscale and hold away from face.

Step 2 — Warm Tea Ritual (45 mins before bed)

Brew 3-4g of calming herbs in 250ml water 95C covered 8-10 mins. Hold mug with both hands, inhale, sip slowly. No multitasking.

• Try Deep Rest blend (recipe page 6) or simple Chamomile 4g + Lemon balm 2g
• Warmth itself supports vagus nerve — warmth = safety signal

Step 3 — 3-Minute Breath Reset

Extended exhale breathing:
Inhale through nose 4 counts, exhale through mouth 6-8 counts. Repeat 6 rounds.

Optional: hum on exhale — humming vibrates vagus nerve and can feel very soothing.
If breathwork feels activating, just lengthen exhale naturally and place hand on chest & belly.

If you have panic or lung condition, breathe at your own comfortable pace.

Step 4 — Body Unwind

Quick body scan: Starting at feet, gently tense for 5 seconds, release, move up to legs, belly, shoulders, face. 2 minutes total.
Or: legs up wall for 3-5 mins with slow breathing — very calming for tired legs and busy mind.

Step 5 — Cool, Dark, Consistent Bed

• Bed only for sleep & connection — not work/scroll
• Cool room 18-20C, dark, earplugs/eye mask if needed
• Same wake time daily — anchors rhythm more than bedtime

Gentle Plant-Based Support for Sleep

Traditional herbal teas are not sedatives — they are part of a wind-down ritual. These herbs are traditionally used in evening blends:



- **Chamomile flowers:** Sweet, apple-like. Traditional evening staple, soothing. Daisy family — avoid if known allergy.
- **Lemon Balm:** Lemon, fresh, calming. Traditionally for restlessness and gut-brain calm. Very versatile.
- **Passionflower herb:** Mild, earthy. Traditionally for busy mind, repetitive thoughts.
- **Oat Straw:** Soft, creamy. Traditionally nourishing, adds mouthfeel, mineral note.
- **Lavender buds:** Strong floral — use max 1g per pot! Potent, calming but too much tastes soapy.

Buy food-grade dried herbs from reputable supplier, organic where possible. Start with small amounts. If pregnant, breastfeeding, taking sedative medication, or have medical condition, check with practitioner.

2 Calming Tea Blends — In Grams

Deep Rest — Classic Nightcap (20g batch = 6-7 cups)



Ingredients: Chamomile 8g, Lemon balm 5g, Passionflower 4g, Lavender 1g, Oat straw 2g

Why: Chamomile & lemon balm traditional evening base, passionflower for busy mind, oat straw soft nourishment, lavender just a whisper.

Brew: 4g per cup, 250ml, 95C, covered 8-10 mins. Drink 60-90 mins before bed as ritual, not right before sleep.

Make it a ritual: dim lights, no screens, sip slowly.

Unwind — For Busy Days (20g batch)



Ingredients: Lemon balm 8g, Chamomile 5g, Rose petals 3g, Oat straw 4g

Why: Lemon balm hero for unwinding after work, rose adds heart-warming, oat straw softens.

Brew: 3-4g per cup, 5-7 mins. Lovely with honey after cooling slightly.

3-Minute Body Reset — Tonight

Extended Exhale + Humming

1. Sit comfortably, feet on floor.
2. Inhale nose 4, exhale mouth 6, hum softly on exhale 3 rounds.
3. Place hands on chest & belly, notice rise & fall for 1 minute.
4. Whisper: I am safe to rest.

Do this after your tea ritual. 3 minutes only.

> *If humming feels odd, just exhale longer than inhale. Your nervous system loves slow, consistent rhythm.*

Sleep Hygiene Checklist

Tick tonight:

- ■ Screens off or night mode 60 mins before bed
- ■ Dim lights / lamp only
- ■ Tea ritual 45 mins before bed, no phone while sipping
- ■ 3-minute breath + body unwind
- ■ Bed cool, dark, tidy
- ■ Same wake time tomorrow (even if tired)
- ■ No caffeine after 2pm, no large meal right before bed
- ■ If awake >20 mins, get up, dim light, sip remaining tea, breathe, return when sleepy

Your 7-Day Reset Tracker

Sleep & Nervous System Reset — 7 Days

Day / Bedtime ritual done? Y/N / Tea blend / Breath done? / Wake time / How I felt on waking 1-5 / Notes

Mon ___ / ___ / ___ / ___ / ___ / ___
Tue ___ / ___ / ___ / ___ / ___ / ___
Wed ___ / ___ / ___ / ___ / ___ / ___
Thu ___ / ___ / ___ / ___ / ___ / ___
Fri ___ / ___ / ___ / ___ / ___ / ___
Sat ___ / ___ / ___ / ___ / ___ / ___
Sun ___ / ___ / ___ / ___ / ___ / ___

My favourite step this week: _____
My next small shift: _____

Want to Go Deeper?

This free guide is a taste of my full apothecary. If you loved the tea rituals, you'll love:

• **The Art of Herbal Tea Blending Volume 1 — Foundations:** 12 herb profiles, 6 recipes for digestive ease, sleep & unwinding, blending ratio, drying methods — $29
• **Volume 2 — The Seasonal Apothecary: 20 Teas For The Year:** 10 new herbs, 20 seasonal blends — $29
• **Complete Bundle Vol 1 + Vol 2:** 26 teas, 22 herbs — $49 (save $9)
• **Digestion Relieve Guide:** 7 strategic dietary shifts, 30 plant points, fibre & fermented foods low & slow — $29

Find them at tailoredtherapynaturalhealth.com — Shop > Digital Products

Thank you for letting me be part of your evening. May your tea be warm, your breath slow, and your sleep deep.

With warmth,
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Disclaimer: Educational information only, based on traditional and naturopathic knowledge. Not medical advice, diagnosis or treatment. If you have insomnia, sleep apnoea, anxiety, depression, or take sedative or other medications, are pregnant, breastfeeding or have medical condition, please seek advice from your qualified

healthcare practitioner before using herbs or breath practices.