



The Sleep Restoration Protocol.

A Gentle Bedtime Routine for Women Healing After a Breakup or Divorce.

Dr Grace Anderson. <https://drgraceanderson.com>.

LESSON ONE – INTRODUCTION

Lesson Outcome.

By the end of this lesson, you'll understand why your emotions feel so overwhelming and learn how to gently interrupt the cycle of crying and overthinking before bedtime.

Introduction

If you've recently gone through a breakup or divorce,

I want you to know one thing: **Your tears are normal.**

I know this because I've been where you are.

When my own 25-year marriage ended, I honestly believed I would never recover. At the time, I was teaching English in a London school. Some days I became so overwhelmed with emotion that I would break down in tears during class. One of my pupils would even run downstairs to tell the

Headteacher: *"Miss is crying again."*

That was one of the most painful periods of my life.

So if you're crying every day...

If you're replaying conversations...

If you can't stop thinking about your ex...

Please know there is nothing "wrong" with you.

You're grieving.

But there comes a moment in every healing journey when your mind and body need permission to rest.

Tonight is about taking that first gentle step.



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Why We Cry.

When a relationship ends, it often feels as though we've lost part of ourselves.

Our thoughts become trapped in a loop:

- **Why did this happen?**
- **What could I have done differently?**
- **Does he miss me?**
- **Will I ever feel happy again?**

The more we replay these thoughts, the more emotional energy we give them.

Our goal tonight isn't to force those thoughts away.

It's simply to stop feeding them.

Your First Evening Practice.

Before bedtime, quietly say to yourself:

"I give myself permission to grieve.

I also give myself permission to rest.

I do not have to solve my entire future tonight.

Tonight, I choose peace.

Tonight, I choose perfect rest."

This simple shift prepares your mind for sleep instead of emotional struggle.



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A BIT ABOUT ME.



DR GRACE ANDERSON.

A retired Headteacher and an Accredited Master Coach and NLP Practitioner.

I specialize in coaching people, especially women, who have had a breakup or divorce recover fully from their pain and move on to rebuild their lives positively.

I'm also a published author of several books.



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I'm also a published author of several books.

My Book, *[After The Storm, A Woman's Compassionate Guide To Healing, Confidence and Joy, After Divorce or Heartbreak](#)*, is available on Amazon. It is designed to help anyone who has had a breakup or divorce to heal fast.

You can see all my books on my website:

<https://graceandersonsbooksandjournals.com>.

Visit my coaching website: <https://drgraceanderson.com> to find out more about my Services

NEXT LESSON.

We'll Focus On How You Can Reclaim Yourself By Seeing Yourself Through Your Own Eyes.