

The Sleep Restoration Protocol.

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

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

Lesson 3 – Your Nightly Sleep Restoration Ritual.

Lesson Outcome.

You'll learn a calming bedtime routine designed to help quiet your thoughts and prepare your body for deep, restorative sleep.

Step 1 – Prepare Your Space

- Dim the lights.
- Put your phone away.
- Play your gentle meditation music.
- Sit or lie comfortably.

Step 2 – Calm Breathing.

Breathe in slowly through your nose.

Pause gently.

Now breathe out even more slowly through your mouth.

As you exhale, imagine releasing another layer of today's emotional weight.

Repeat this slow breath six times.

Step 3 -Return To Your Affirmations.

Return to your affirmations.

Return to the music.

Sleep will come naturally, as your mind becomes calmer.

You Can Sleep, and You Can Heal – Trust the Process.

Healing doesn't happen all at once,

It happens one peaceful evening...

One good night's sleep, and one small act of self-kindness and self-love at a time.

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Step 4 – Drift into Sleep

As the music continues, allow your breathing to become natural.

Don't try to force sleep. Simply rest. If thoughts about your former partner appear, acknowledge them gently and let them drift away, like

clouds passing across the sky. Return your attention to

your breathing. Tonight, you've chosen yourself.

That is a beautiful beginning.

Thank you.