

RECONNECT: THE NERVOUS SYSTEM AND SLEEP

Sleep starts with safety

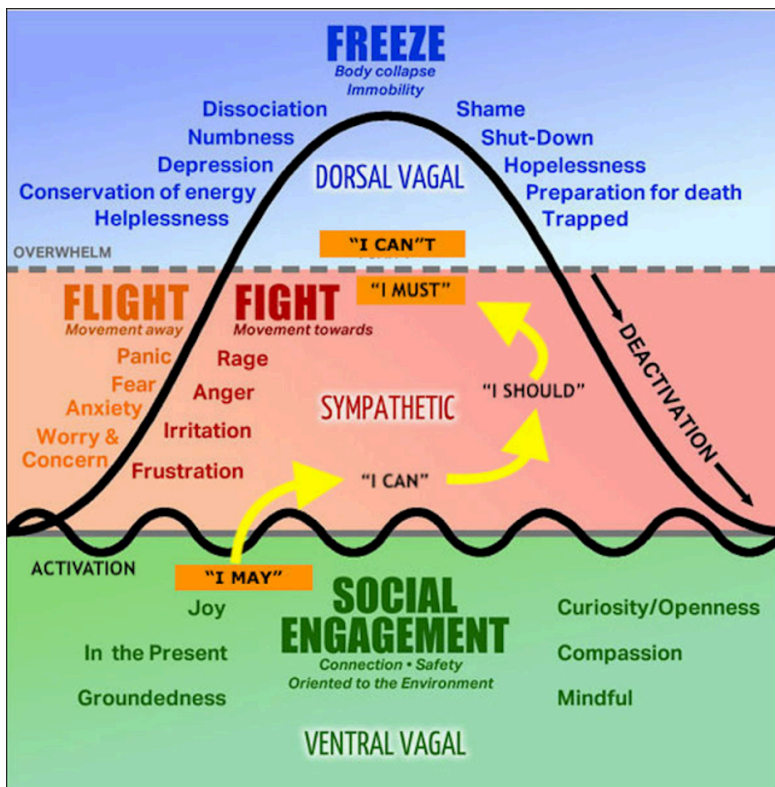
THE CORE THOUGHT

The body must feel safe to sleep, digest, and regulate.

Low energy

Alert, wired

Calm, connected



SAFE/REGULATED

- Body relaxes
- Deep sleep
- Digestion improves
- Hormones balance

RESULT:

- Restorative sleep
- Better metabolism
- Faster recovery

STRESS/DYSREGULATED

- Body stays alert
- Light or broken sleep
- Digestion decreases
- Hunger increases

RESULT:

- Poor sleep
- Fat storage
- Low recovery

WHY YOUR BODY MAY STAY “ON” AT NIGHT

- Ongoing stress (work, life, emotional load)
- Too much stimulation (screens, lights, noise)
- Late eating or blood sugar swings
- Overuse of caffeine
- No transition from activity → rest

THIS MAY BE A SLEEP ISSUE IF YOU NOTICE:

- You feel tired but wired at night
- You wake up feeling unrefreshed
- You crave sugar or caffeine during the day
- Your energy crashes in the afternoon
- You feel more anxious or irritable than usual
- You have trouble focusing or feel foggy
- You’re doing “everything right” but not seeing results

These are often signs your body hasn’t fully recovered overnight.

You don’t need to force sleep—
your body needs help feeling safe enough to allow it.