



## Quick Sleep Reset Toolkit

Why sleep can be tough for educators:

### Nervous System Overload

Your nervous system stays "on" all day — constant decisions, emotions, multitasking.

### Incomplete Stress Cycles

By bedtime, the body hasn't completed the stress cycle, leaving you too alert for rest.

### Digital Disruption

Add late-night grading, emails, and screens, and your brain gets the message: stay awake.

## The science of recovery:



### Stress Cycles

Your body needs a "signal of safety" (deep breaths, laughter, movement) to exit alert mode.



### Circadian Rhythm

Consistent cues like dim lights or a short ritual tell your brain it's time to power down.



### Rumination

Unfinished thoughts keep the prefrontal cortex active; writing them down helps the brain let go.



✨ Rest isn't a luxury. It's part of the work. When you reset at night, you protect your energy for tomorrow.

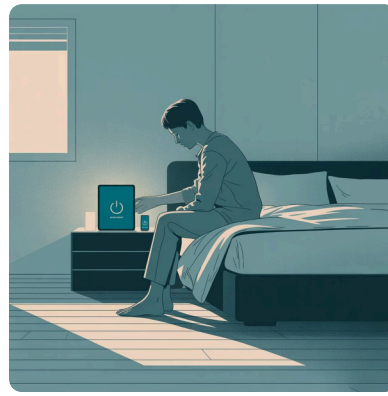
# Sleep Resets You Can Use Tonight



## Wind-Down Ritual (5 minutes)

Choose one short signal: wash your face slowly, make tea, read one page (not a screen).

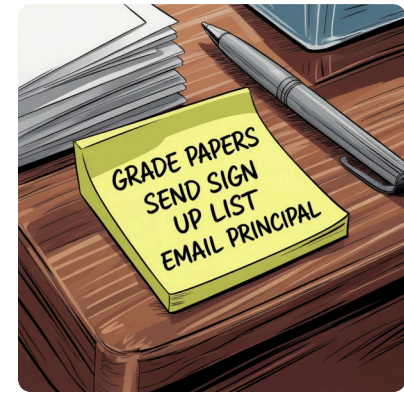
**Why:** Consistency cues your circadian rhythm like a "light switch" for rest.



## Cut the Blue Light 📱

Power down devices 30 minutes before bed, or use night mode.

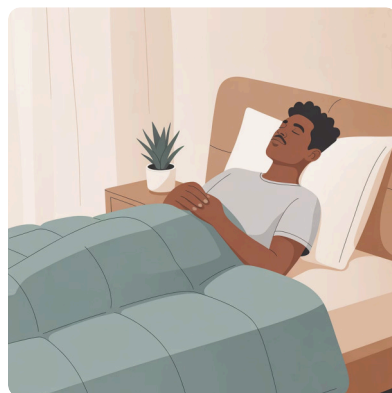
**Why:** Screens suppress melatonin, the sleep hormone.



## Release the Day

Write down tomorrow's top 3 tasks on a sticky note and set it aside.

**Why:** Externalizing unfinished thoughts reduces rumination.

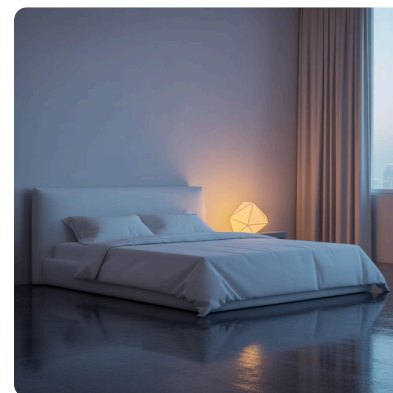


## The 3-Breath Reset

(if you wake at 3am)

Inhale gently through your nose, exhale twice as long through your mouth.  
Repeat 3 times.

**Why:** Long exhales calm the nervous system, signaling safety.



## Environmental Tweaks 🌙

Keep the room dark, cool, and quiet; try white noise if silence feels loud.

**Why:** Even small light or sound can disrupt deep sleep cycles.

Each small choice — a breath, a note, a light — nudges your system toward rest. Recovery is part of your job, and you deserve it.