



HOW TO SLEEP THROUGH THE NIGHT

Naturally



A structured evening routine to
improve sleep quality and hormonal recovery



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If you fall asleep but wake up at **2–4 AM**, feel **wired-tired**, or wake up **hot, restless, or anxious**, this routine is designed for you. Sleep is when your body restores hormones, calms cortisol, and repairs tissues—so protecting your evenings protects your health.

Note: This guide is educational. If you have severe insomnia, loud snoring/gasping, chest pain, depression, or new/worsening symptoms, please consult a qualified clinician.

Step 1: Choose your “sleep window”

Goal: Train your brain to expect sleep at the same time.

- Pick a **bedtime window** you can keep most nights (example: 10:00–10:30 PM).
- Pick a **wake time** you can keep most mornings (even weekends, within 60 minutes).

Why this helps hormones: Consistent sleep timing supports melatonin rhythm and helps regulate cortisol patterns.

Step 2: Set your caffeine + alcohol cutoffs

Goal: Remove the most common sleep disruptors.

- **Caffeine cutoff:** ideally **2 PM** (earlier if sensitive).
 - **Alcohol:** avoid within **3–4 hours** of bed (it often causes middle-of-night waking).
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Step 3: Eat for stable overnight blood sugar

Goal: Prevent 2–4 AM waking from a blood sugar drop (often mistaken as “anxiety”).

Dinner (2–3 hours before bed)

Build a “steady plate”:

- **Protein** (fish, chicken, tofu, beans)
- **Fiber-rich vegetables**
- **Healthy fat** (olive oil, avocado, nuts)
- Optional small portion of whole-food carbs if you wake at night often (sweet potato, quinoa)

If you wake at 2–4 AM regularly

Try a small **protein + fat** snack **60–90 minutes before bed** (only if needed):

- Greek yogurt, nuts, or nut butter + half banana
- A small piece of cheese + apple
- A boiled egg + a few crackers

Step 4: Create a 60-minute “light downshift”

Goal: Signal melatonin and calm cortisol.

60 minutes before bed:

- Dim lights (warm lamps > overhead bright lights)
- Reduce screen brightness or use night mode
- Choose calm input (music, reading, gentle stretching)

If screens are unavoidable:

Set a timer for **10 minutes** max and keep content calm (no news, no conflict, no high stimulation).

Step 5: Do a 10-minute body release routine

Goal: Reduce muscle tension and nervous system “guarding.”

Choose one 10-minute option:

Option A: Gentle stretch + breath

- 5 minutes slow stretching (neck, shoulders, hips)
- 5 minutes breathing: **inhale 4, exhale 6–8**

Option B: Warmth ritual

- Warm shower or foot soak
- Then into cool, dark bedroom

Option C: “Legs up the wall” (3–8 minutes)

- Helps circulation, calms the system (stop if uncomfortable)
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Step 6: Use 2 acupressure points for sleep

Goal: Calm the mind, settle the chest, and support deeper rest.

Use light to moderate pressure for **60 seconds each**, both sides:

- **PC6 (Neiguan):** 3 finger-widths below wrist crease, between two tendons
- **HT7 (Shenmen):** at the wrist crease on the pinky side (inner wrist)

How to do it:

Press, breathe slowly, and soften your jaw and shoulders.

Step 7: Build a “middle-of-the-night plan”

Goal: Keep wake-ups short and prevent the spiral.

If you wake up:

1. **Don’t check the time** (time checking raises cortisol).
2. Do **10 slow breaths** (exhale longer than inhale).
3. Try a simple phrase:
“My body knows how to rest. I am safe.”
4. If you’re awake more than ~20 minutes:
 - Get up briefly, keep lights dim
 - Read something boring/calm
 - Return to bed when sleepy

Avoid: scrolling, emails, news, or problem-solving.

Step 8: Optimize your sleep environment

Goal: Make sleep effortless.

- Bedroom **cool** and **dark**
 - Phone out of reach (or outside bedroom)
 - White noise or fan if helpful
 - Comfortable pillow support for neck alignment
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Your 7-Night Sleep Reset Plan

Use this to make the routine easy.

Night 1–2: Foundations

- Sleep window + caffeine cutoff + dim lights

Night 3–4: Blood sugar support

- Balanced dinner + optional snack if waking at 2–4 AM

Night 5–6: Nervous system routine

- 10-minute release routine + acupressure

Night 7: Personalize

Keep the **3 steps that helped most** and repeat for 2 weeks.

Quick Sleep Tracker (7 nights)

Write a quick score each morning:

- Sleep quality (0–10): ___
- Wake-ups: ___
- Energy on waking (0–10): ___
- Notes (stress, late meal, caffeine, hot flashes): ___

When sleep is hormonal

If you're over 40 and sleep feels different than it used to (night sweats, hot flashes, anxiety spikes, early waking), it may be tied to hormonal shifts and cortisol rhythm. Supporting **blood sugar + stress regulation + consistent bedtime** usually creates the fastest improvement.

Ready for the full-body approach?

This guide focuses on sleep. For the complete framework that connects **sleep, hormones, stress, inflammation, digestion, and energy**, explore:

Holistic Healing: A Comprehensive Guide to Improving Health Naturally

Available at **Book Serenity**.