BUSY BRAIN
At Bedtime

YOUR MIND IS FULL OF SHIFT
www.YourMindIsFullOfShift.com

Hi there, Sleep Rebels, Wired Weirdos, and 3AM-Catastrophizers. Lights off is when your brain's trouble-scanner finally gets to run at full volume. These tools shut it down.

YOU DON'T HAVE TO BELIEVE THESE WILL WORK. Think of lifting weights: you follow the steps and the circuits change anyway. The harder you try to sleep, the more awake you get, so these help you allow it. Pick one or two tonight.

1 THE BRAIN PARKING LOT
When your brain is babysitting your whole life

- Grab your phone notes or a notebook and dump everything that keeps popping up. Money crap, appointments, stuff you're mad about.
- Read it once and say, out loud if you can, "This is where this lives until morning."
- Fold it or close it and keep it where you can see it.

2 THE LOOP CUTTER
Same thought, same what-if, over and over

- Pick the exact thought that keeps replaying. The real one.
- Repeat it slowly in your head, and each time turn the volume down like a dial until it feels distant and fuzzy
- Bounce between the thought and a sound in the room until the room sound takes over

3 THE BODY CHECK RESET
When your body never stood down from the day

- Start at your feet. Name what you feel: heavy, warm, tight, restless.
- Move up to your forehead. Tight spot? Press it into the mattress for five seconds, then let go.
- Go back to your feet and run it once more. Notice what changed.

4 THE COGNITIVE LOAD FLOOD
When the empty space fills with worry

- List animals A to Z in your head. Aardvark. Bear. Cat. Dog.
- Hit Z? Switch to foods, cities, colors, or tools and start again at A
- Stuck on a letter? Skip it. Keep a steady pace.

5 THE PERIPHERAL VISION DROP
When your eyes are still on guard duty

- Eyes gently open, head still. Widen your view to both edges of the room at once.
- Hold that wide view for about a minute.
- Mind wanders? Go back to the edges. Too dark? Name what you know is there, in size order.

6 THE SOUND LOCK
When silence feels too empty

- Pick one steady sound: a fan, the air, distant traffic, your breathing
- Let it be the only thing your system needs to notice
- Thought pops in? Don't argue with it or finish it. Just go back to the sound.

Loud snoring, stopping breathing at night, or exhausted most days no matter what you try? Talk to your doctor – it's worth checking out!

Get all of the big tools and learn how best to use them in **The Sleep Regulation System (plus kids tools!)** at YourMindIsFullOfShift.com

This is an educational tool, not therapy or medical advice.
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