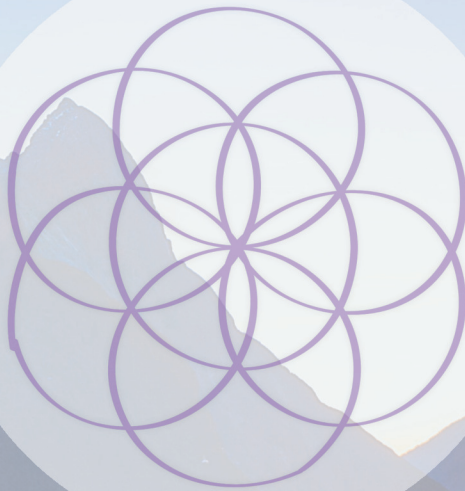


Sleep Optimization

GUIDE



**5 STEPS TO AN IDEAL
PRE-SLEEP ROUTINE**



**SLEEP SPACE
OPTIMIZATION CHECKLIST**



**3 STEPS TO AN
ENERGIZED MORNING**

CREATE THE PERFECT ENVIRONMENT FOR RESTORATIVE SLEEP



Sleep isn't just about rest—it's a powerful reset for your energy, mind, and body. Every night, your subconscious processes emotions, your cells regenerate, and your energy field recalibrates. But if your sleep environment is filled with distractions, stress, or energy drains, you're missing out on deep, restorative rest that fuels your healing and manifestation power.

This guide will help you optimize your sleep space and nighttime habits to ensure you wake up feeling refreshed, aligned, and energized.



HOW TO USE THIS GUIDE

Follow these three key areas to create the ultimate high-vibration sleep environment:



**BEFORE BED RITUALS — HOW TO
PREPARE YOUR BODY & MIND FOR SLEEP.**



**OPTIMIZING YOUR SLEEP SPACE —
SETTING UP YOUR ROOM FOR DEEPER REST.**



**MORNING WAKE-UP TIPS — WAKING
UP REFRESHED AND ENERGIZED.**



**BEFORE BED RITUALS: PREPARING FOR
RESTFUL SLEEP**

Your pre-sleep routine signals to your body that it's time to slow down. When done correctly, it reduces stress, calms your nervous system, and prepares your energy field for deep rest.

5 STEPS TO AN IDEAL PRE-SLEEP ROUTINE

1 Digital Detox (30 minutes before bed)

- Reduce blue light exposure by turning off screens (phone, laptop, TV).
- If needed, switch your device to “night mode” or use blue light glasses.

2 Dim the Lights & Reduce Noise

- Lower the lighting in your home to soft, warm tones to mimic sunset.
- Use white noise or calming music to block out disruptive sounds.

3 Energy Release & Grounding

- Shake out your hands and feet, releasing any stuck energy from the day.
- Visualize any stress or tension melting away into the Earth.

4 Relaxation Rituals

- Practice 3 minutes of deep breathing to signal your nervous system to relax.
- Stretch gently or do light yoga to unwind tight muscles.

5 Set a Sleep Intention

- Say: “Tonight, I allow myself to rest, recharge, and wake up renewed.”



Tip: If you wake up feeling sluggish, try **5 minutes of stretching** or play uplifting music to **raise your vibration**.



OPTIMIZING YOUR SLEEP SPACE: SETTING UP FOR RESTORATIVE SLEEP

Your bedroom should feel like a sanctuary for deep rest. A cluttered, overstimulating space can hold energetic noise that disrupts your ability to fully recharge.



SLEEP SPACE OPTIMIZATION CHECKLIST

- ✓ Remove Electronics – Keep your phone away from your bed or in another room.
- ✓ Declutter Your Space – A clean, organized room = a calm, relaxed mind.
- ✓ Choose Soft, Cozy Lighting – Use warm, dim lighting instead of harsh bright lights.
- ✓ Set a Comfortable Temperature – The ideal sleeping temp is 65–70°F (18–21°C).
- ✓ Use Natural Fabrics – Opt for breathable sheets and pillows to support quality sleep.
- ✓ Add Calming Scents – Use lavender, chamomile, or sandalwood essential oils to promote relaxation.
- ✓ Introduce Crystals for Sleep – Amethyst, moonstone, or selenite under your pillow can enhance sleep quality.



Tip: Try a **weighted blanket** for deeper relaxation if you struggle with anxiety at night.

MORNING WAKE-UP TIPS: WAKING UP RESTED & RECHARGED

How you wake up sets the tone for your entire day. If you're constantly hitting snooze or waking up groggy, it's time to reset your sleep cycle.

3 STEPS TO AN ENERGIZED MORNING

1 Wake Up with Natural Light

- Open your blinds in the morning or use a sunrise alarm clock to gently wake your body.

2 Stretch or Move Your Body

- Do gentle stretching or breathwork before grabbing your phone.
- Say: "I call in fresh, new energy for today."

3 Hydrate Immediately

- Drink a full glass of water to wake up your system before coffee or tea.
- Add a squeeze of lemon for a natural energy boost.



Tip: If you struggle with low energy in the morning, try **earthing (walking barefoot on grass or soil) for 5 minutes.**



WHY SLEEP OPTIMIZATION MATTERS

By making small nighttime adjustments, you will:

- ✓ Fall asleep faster and avoid tossing & turning.
- ✓ Stay asleep longer without waking up in the middle of the night.
- ✓ Wake up feeling refreshed & recharged.
- ✓ Improve your body's natural healing & energy alignment.



Your sleep isn't just about resting—it's an energy practice. The more aligned your sleep space and nighttime routine, the more powerfully you show up in your waking life.

DOWNLOAD AND PRINT **THE SLEEP SPACE CHECKLIST**

Keep this guide handy and optimize your sleep space with ease!

 **DOWNLOAD THE SLEEP SPACE CHECKLIST HERE:**

dothisbeforebed.com/resource

DON'T FORGET YOUR OTHER BONUSES!

As part of your Do This Before Bed book purchase, you also have access to:

- ✓ Exclusive meditations for deep sleep, relaxation, and subconscious reprogramming.
- ✓ Printable resources like checklists and guides to support better sleep.
- ✓ Tools & techniques to optimize your energy for restorative rest.

 Go here to access all your bonuses: [**dothisbeforebed.com/resource**](https://dothisbeforebed.com/resource)

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FINAL REMINDER

SMALL CHANGES LEAD TO DEEPER REST

The best sleep of your life **doesn't require a complete lifestyle overhaul**—just a few intentional shifts. Start with one or two small changes from this guide, and over time, your body and energy will naturally align with restful, healing sleep.

You deserve deep rest. You deserve to wake up recharged. **Prioritize your sleep and watch how your energy transforms.**