

SLEEP REPAIR PROTOCOL RESET

A NATUROPATHIC GUIDE TO RESTORING
DEEP, RESTORATIVE SLEEP & ENERGY



Ask A Naturopath

www.askanaturopath.com



Quality sleep is the foundation of your health, mood, immunity and resilience.
When you sleep well, your body heals, your mind clears and your energy returns.



Sleep is when your body repairs, restores and rebalances. It supports brain function, hormone regulation, immune health, mood and energy levels.

Poor sleep can lead to increased stress, fatigue, weakened immunity, poor concentration, weight gain and a higher risk of chronic health issues.

This e-book provides evidence-informed strategies and natural solutions to help you fall asleep faster, stay asleep longer and wake feeling refreshed.



WHAT AFFECTS YOUR SLEEP?

Many factors can disrupt your sleep and interfere with your body's natural rhythm.



High stress & cortisol levels



Excess screen time & artificial light



Caffeine, alcohol & sugar



Irregular sleep schedule



Gut imbalances & poor digestion



Nutrient deficiencies



Noise, distractions & overthinking

THE SLEEP CYCLE

Your body cycles through 4–5 stages of sleep each night. Each stage plays a vital role in your physical and mental restoration.



LIGHT SLEEP

Transition phase where you drift into sleep.



DEEP SLEEP

Body repairs tissues, builds immunity & restores energy.



REM SLEEP

Supports learning, memory, mood & emotional balance.



RESTORATION

Waking refreshed and ready for the day.

SLEEP HYGIENE HABITS THAT MAKE A BIG DIFFERENCE

- Go to bed and wake up at the same time daily
- Create a relaxing bedtime routine
- Dim lights in the evening
- Avoid screens 1–2 hours before bed
- Keep your bedroom cool, dark & quiet
- Avoid caffeine after midday
- Limit alcohol, especially at night
- Get daily natural sunlight exposure
- Move your body regularly
- Manage stress with mindfulness, breathing or journaling



BENEFITS OF RESTORATIVE SLEEP

- ✓ Lowers stress and cortisol levels
- ✓ Improves mood and emotional balance
- ✓ Enhances memory, focus and learning
- ✓ Supports immune health
- ✓ Regulates hormones
- ✓ Boosts energy and productivity
- ✓ Supports healthy weight
- ✓ Promotes glowing skin
- ✓ Reduces risk of chronic disease
- ✓ Helps you feel your best every day



Better sleep is not a luxury, it's a necessity.
Small daily steps can help reset your sleep, restore your energy and transform your life.



Our daily habits can create health or illness

SLEEP REPAIR PROTOCOL RESET

Causes, Symptoms & The Sleep Cycle



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THE SLEEP CYCLE

Your sleep cycles through 4–5 stages throughout the night, 4–6 times.



1. LIGHT SLEEP

Transition phase where you drift into sleep.



2. DEEP SLEEP

Body repairs tissues, builds immunity and restores energy.



3. REM SLEEP

Supports learning, memory, mood and emotional balance.



4. RESTORATION

Waking refreshed and ready for the day.



A complete cycle lasts about 90–110 minutes.

Disrupted cycles can leave you tired, moody and less resilient.

SIGNS OF POOR SLEEP



Daytime fatigue



Brain fog & poor concentration



Irritability & mood swings



Weakened immunity



Weight gain or cravings



Waking during the night



Morning grogginess & headaches



Low energy & motivation

COMMON CAUSES OF POOR SLEEP



Stress & anxiety – an overactive mind and high cortisol make it hard to fall and stay asleep.



Stimulants & alcohol – caffeine, nicotine and alcohol can disrupt sleep quality and cycles.



Poor sleep habits – irregular bedtimes, long naps, screens at night and inconsistent routines.



Diet & blood sugar imbalances – late heavy meals, sugar spikes and crashes can disturb sleep.



Hormonal factors – imbalances in cortisol, melatonin, thyroid or sex hormones.



Gut health issues – bloating, reflux or dysbiosis can cause discomfort and waking.

MANAGEMENT: KEYS TO BETTER SLEEP

- ✓ Keep a consistent sleep and wake time
- ✓ Create a calming bedtime routine
- ✓ Reduce stress and practice relaxation techniques
- ✓ Limit screens and bright light at night
- ✓ Eat balanced meals and stabilise blood sugar
- ✓ Avoid caffeine after midday and limit alcohol
- ✓ Move daily – but not too close to bedtime
- ✓ Create a cool, dark, quiet sleep environment
- ✓ Take time for rest, connection and self-care

DID YOU KNOW?

- You spend around one-third of your life sleeping.
- Missing just 1–2 hours of sleep a night can impair concentration, mood and immunity.
- Deep sleep is when your body repairs and detoxifies.
- REM sleep supports memory, learning and emotional wellbeing.
- Good sleep is one of the most powerful tools for long-term health.

A RELAXING BEDTIME ROUTINE



Turn off screens 60–90 minutes before bed



Take a warm bath or shower



Practice deep breathing or meditation



Journal or reflect on what you're grateful for



Enjoy a calming herbal tea



Go to bed at a consistent time



Better sleep is not a luxury, it's a foundation for your health.
Small daily habits can help reset your sleep, restore your energy and transform your life.



Our daily habits can create health or illness



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8 SMART STEPS TO RESET YOUR SLEEP

1



CREATE A CONSISTENT SLEEP SCHEDULE

Go to bed and wake up at the same time every day, even on weekends. Consistency supports your body's internal clock.

2



WIND DOWN WITH A RELAXING ROUTINE

Build a calming bedtime routine to signal your body it's time to sleep. Try reading, gentle stretching, journaling or a warm herbal tea.

3



REDUCE SCREENS & BLUE LIGHT

Limit screen time 1–2 hours before bed. Blue light can suppress melatonin and make it harder to fall asleep.

4



OPTIMISE YOUR SLEEP ENVIRONMENT

Keep your bedroom cool, dark and quiet. Use blackout curtains, earplugs or white noise if needed.

5



GET NATURAL LIGHT DURING THE DAY

Morning sunlight helps set your circadian rhythm, boosts daytime energy and supports melatonin production at night.

6



MANAGE STRESS & CALM YOUR MIND

High stress increases cortisol and makes it harder to sleep. Practice breathing exercises, meditation or gratitude to unwind.

7



EAT FOR BETTER SLEEP

Choose light, balanced meals in the evening. Avoid heavy, spicy or sugar-rich foods close to bedtime.

8



MOVE YOUR BODY DAILY

Regular physical activity supports deeper sleep, reduces stress and improves your mood.

THE SLEEP CYCLE: 4 STAGES OF RESTORATION



When this natural rhythm is disrupted by stress, poor habits or lifestyle factors, you may struggle to fall asleep, stay asleep or wake feeling refreshed.

EVENING HABITS THAT HELP

- ✓ Dim the lights in the evening
- ✓ Avoid caffeine after midday
- ✓ Limit alcohol – it disrupts sleep cycles
- ✓ Avoid late-night snacking
- ✓ Keep a sleep journal
- ✓ Do gentle stretches or yoga
- ✓ Take a warm bath or shower
- ✓ Use calming essential oils
- ✓ Listen to relaxing music or sounds
- ✓ Practice deep breathing (4–7–8)
- ✓ Turn off screens 1–2 hours before bed
- ✓ Have a calming herbal tea
- ✓ Journal or write down tomorrow's to-dos
- ✓ Go to bed at a consistent time

BENEFITS OF RESTORATIVE SLEEP

- ✓ Lowers stress and cortisol levels
- ✓ Improves mood and emotional balance
- ✓ Enhances memory, focus and learning
- ✓ Supports immune health
- ✓ Regulates hormones
- ✓ Boosts energy and productivity
- ✓ Supports healthy weight
- ✓ Promotes glowing skin
- ✓ Reduces risk of chronic disease
- ✓ Helps you feel your best every day

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DAILY SLEEP ROUTINE



Morning:

- Get natural sunlight within 30–60 minutes of waking to set your body clock.
- Drink a glass of water and avoid caffeine early on an empty stomach.
- Eat a protein-rich breakfast to support steady energy and blood sugar.
- Set a positive intention for the day and take a few deep breaths.



Midday:

- Eat a balanced lunch with protein, healthy fats, vegetables and whole foods.
- Step away from your desk – go outside or do a gentle stretch.
- Take a 2–5 minute breathing break to reset and reduce stress.
- Stay hydrated – herbal tea or water is best.



Afternoon:

- Aim for steady energy – avoid sugar, refined carbs and large caffeine hits.
- Have a small protein-rich snack if needed (e.g. nuts, seeds, yoghurt, or a boiled egg).
- Do a few minutes of movement – walk, stretch or mobility exercises.
- Manage stress by focusing on one task at a time and taking short breaks.



Evening:

- Reduce screens and blue light 1–2 hours before bed.
- Enjoy a calming dinner with magnesium-rich foods (e.g. leafy greens, seeds, salmon, avocado).
- Do something relaxing – reading, journaling, gentle yoga or meditation.
- Practice slow breathing (4–6 breaths per minute) for 5–10 minutes before bed.
- Support deep sleep with a consistent bedtime and a cool, dark, quiet room.

TIPS FOR BETTER SLEEP

- Establish a regular sleep and wake time
- Create a calming bedtime routine
- Keep your bedroom cool, dark and quiet
- Limit screens and bright light at night
- Avoid caffeine after midday
- Avoid alcohol close to bedtime
- Get morning sunlight daily
- Practice relaxation or mindfulness
- Manage stress throughout the day
- Move your body daily
- Eat whole foods and support gut health
- Limit late-night snacking
- Write a worry list to clear your mind
- Celebrate progress and small wins



SLEEP RESET SUPPORT PROGRAM

A complete approach to calm your mind,
regulate stress and restore deep, restful sleep.



Nutritional strategies to balance cortisol and support sleep hormones



Stress management tools to calm your nervous system



Herbal and nutritional support for relaxation and sleep quality



Lifestyle practices to build resilience and support a healthy circadian rhythm



Personalised guidance to help you sleep better and wake refreshed



Quality sleep is not a luxury – it's essential for your physical health, mental clarity, emotional balance and overall wellbeing. Small daily habits can help reset your sleep, restore your energy and help you feel your best.



Our daily habits can create health or illness

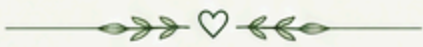


SLEEP RESET PROGRAM

Nourish Your Body. Calm Your Mind.
Restore Deep, Restorative Sleep.



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Sleep Wellness Checklist



 Daytime Foundations	 Nutrition & Supplements	 Evening Wind-Down	 Mind & Emotions	 Environment & Habits
✓ Get natural sunlight in the morning ✓ Move your body daily ✓ Manage stress throughout the day ✓ Stay hydrated – drink plenty of water ✓ Eat regular, balanced meals ✓ Limit caffeine after midday ✓ Take breaks from screens ✓ Prioritise protein, healthy fats and fibre ✓ Avoid long naps (or keep to 20–30 mins before 2pm) ✓ Set a consistent daily routine	✓ Eat foods rich in magnesium, zinc & B vitamins ✓ Include tryptophan-rich foods (eggs, oats, nuts, seeds, turkey, yogurt) ✓ Eat omega-3 rich foods (fish, walnuts, chia seeds) ✓ Limit sugar and refined carbs, especially at night ✓ Avoid heavy, spicy or rich meals close to bedtime ✓ Magnesium Glycinate for relaxation ✓ L-Theanine to support calm and relaxation ✓ Melatonin (if needed) for sleep onset support ✓ Herbal support: Passionflower, Lemon Balm, Chamomile ✓ Vitamin D & B Vitamins to support mood and sleep quality	✓ Dim lights in the evening ✓ Avoid bright screens 1–2 hours before bed ✓ Take a warm bath or shower ✓ Practice relaxation: deep breathing, meditation or gentle yoga ✓ Read, journal or do something calming ✓ Listen to calming music or sounds ✓ Enjoy a caffeine-free herbal tea ✓ Do a digital sunset ✓ Prepare for tomorrow – plan & organise ✓ Go to bed and wake up at the same time daily	✓ Practice gratitude daily ✓ Let go of worries – write them down ✓ Use positive affirmations ✓ Talk to someone you trust ✓ Focus on what you can control ✓ Release perfectionism ✓ Be kind to yourself ✓ Do activities that bring you joy ✓ Celebrate small wins ✓ Seek support if needed	✓ Keep your bedroom cool, dark & quiet ✓ Invest in comfortable bedding ✓ Use blackout curtains, eye mask & earplugs if needed ✓ Remove distractions from your bedroom ✓ Use a diffuser with calming essential oils (lavender, chamomile) ✓ Keep devices out of the bedroom ✓ Avoid alcohol close to bedtime ✓ Create a sleep-only sanctuary ✓ Follow a relaxing bedtime routine ✓ Trust your body and be patient



Small daily choices can create big changes.
Support your body, calm your mind and reset your sleep.





SLEEP RESET PROTOCOL

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Nourish Your Body. Calm Your Mind. Restore Deep, Restorative Sleep.

NUTRITION: BUILD BLOCKS FOR BETTER SLEEP

- Vitamin D** – supports melatonin production, mood regulation and healthy sleep-wake cycles.
- Magnesium** – helps relax muscles and calm the nervous system for deeper, more restful sleep.
- B Vitamins** – support energy production and healthy nervous system function.
- Eat regular, balanced meals** to support stable blood sugar and natural hormone rhythms.
- Include protein at every meal** to support tryptophan and melatonin production.
- Stay hydrated** – even mild dehydration can disrupt sleep quality.
- Limit caffeine, alcohol and sugar**, especially in the afternoon and evening.

HERBS TO SUPPORT RESTFUL SLEEP

- Passionflower**
Calms the mind, relieves restlessness and supports deeper sleep.
- Chamomile**
Gently relaxes and soothes, supporting rest and digestion.
- Valerian**
Supports relaxed nerves and helps you fall asleep faster.
- California Poppy**
Traditionally used to promote relaxation and natural sleep.
- Zizyphus (Suan Zao Ren)**
Nourishes the heart and calms the mind for deeper, more restorative sleep.
- Skullcap**
Calms nervous tension and supports a relaxed, quiet mind.

HERBAL TEAS TO CALM MIND & BODY

- Chamomile**
Calms the mind and supports relaxation and sleep.
- Lemon Balm**
Eases tension and supports a calm mood.
- Passionflower**
Soothes the nervous system and helps quiet a busy mind.
- Oatstraw**
Supports the nervous system and promotes deep rest.
- Green Tea (low caffeine)**
Contains L-theanine to promote calm focus and relaxation.
- Lavender**
Calming aroma and gentle nerve support.
- Tulsi (Holy Basil) Tea**
Adaptogenic herb that helps the body manage stress and supports restful sleep.

DIET FOR RESTFUL SLEEP

Focus on whole, nutrient-dense foods to support sleep hormones and recovery.

FOODS TO INCLUDE

- Leafy greens, broccoli, capsicum, zucchini
- Berries, kiwi fruit, cherries
- Healthy fats: avocado, nuts, seeds, olive oil
- Whole grains: oats, quinoa, brown rice, buckwheat
- Protein: eggs, fish, chicken, lentils, tofu, tempeh
- Magnesium-rich foods: spinach, pumpkin seeds, almonds, bananas
- Calming teas: chamomile, lemon balm, passionflower

FOODS TO AVOID OR LIMIT

- Caffeine** (coffee, energy drinks, chocolate) after midday
- Alcohol** – can disrupt sleep cycles and reduce deep sleep
- Refined sugar and sweets** – cause blood sugar spikes and crashes
- Processed & packaged foods** – often high in additives and low in nutrients
- Heavy, spicy or fatty meals** close to bedtime
- Nicotine** – stimulates the nervous system and delays sleep onset

MORE WAYS TO IMPROVE YOUR SLEEP

- Keep a consistent sleep and wake time – even on weekends
- Create a calming bedtime routine to cue your body it's time to sleep
- Dim lights in the evening and avoid bright screens
- Keep your bedroom cool, dark, quiet and clutter-free
- Practice relaxation: deep breathing, meditation or gentle yoga
- Spend time in nature and get morning sunlight exposure

BENEFITS OF RESTORATIVE SLEEP

- ✓ Improves mood and emotional balance
- ✓ Supports memory, focus and learning
- ✓ Regulates stress hormones and lowers cortisol
- ✓ Strengthens immune function
- ✓ Supports healthy weight and metabolism
- ✓ Enhances recovery and tissue repair
- ✓ Supports heart and brain health
- ✓ Boosts energy and productivity
- ✓ Helps you feel your best every day



A SAMPLE DAY OF SUPPORT

- Morning sunlight + hydrate
- Eat a protein-rich breakfast
- Balanced meals with veggies and healthy fats
- Short walk or gentle movement
- Herbal tea in the afternoon (e.g. chamomile or lemon balm)
- Nourishing dinner and time to unwind
- Relaxing bedtime routine 60–90 minutes before bed
- Sleep in a cool, dark, quiet room



Quality sleep is the cornerstone of your health and wellbeing.
Small daily habits can reset your sleep, restore your energy
and help you thrive.



— Our daily habits can create health or illness —

SLEEP RESET SUPPLEMENT STACKS

Natural Support for Deep, Restorative Sleep
& Healthy Sleep Cycles



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SUPPORTING YOUR BODY
NATURALLY



NATURAL SOLUTIONS



REAL RESULTS



LASTING WELLNESS

Powerful supplements & herbs to support deep sleep & reset your body

Target key pathways to calm the nervous system, support melatonin production, balance stress hormones and promote restorative sleep.

RELAXANTS

Eases Tension & Promotes Relaxation



Magnesium Glycinate

Calms the nervous system, relaxes muscles, reduces stress and supports deep, restorative sleep.



Kava

Promotes physical and mental relaxation, helps ease tension and quiet a busy mind.



Chamomile

Gently relaxes the body and mind, reduces anxious tension and supports peaceful sleep.

SEDATIVES

Supports Sleep Onset & Improves Sleep Quality



Melatonin

Regulates sleep-wake cycles, helps you fall asleep faster and supports overall sleep quality.



Passionflower

Calms the mind, reduces restlessness and nervous tension, and supports deeper, more refreshing sleep.



California Poppy

Traditionally used to promote relaxation and encourage natural sleep without next-day drowsiness.

NERVINES

Nourishes & Strengthens the Nervous System



Vitamin D3

Supports mood balance, nervous system function and healthy sleep regulation.



Zizyphus (Jujube)

A traditional nerveine that calms the mind, reduces worry and supports deep, restorative sleep.



Magnesium Glycinate

Nourishes the nervous system and helps regulate stress hormones for better sleep and recovery.



HOW THESE SUPPLEMENTS HELP YOU SLEEP BETTER



Calm the mind
& reduce stress
and anxiety



Relax muscles
& ease physical
tension



Support melatonin
production & sleep
onset



Nourish the nervous
system & reduce
overwhelm



Improve sleep
quality, depth
& duration



Enhance recovery,
mood & daytime
energy



TIPS FOR BEST RESULTS



Be consistent – take
your supplements
daily.



Combine with a
calming bedtime
routine.



Limit screens &
stimulants in the
evening.



Support with healthy
habits: nutrition,
movement & stress
management.



Give your body
time – it may take
a few weeks.

Quality sleep is the foundation of your health.
With the right support, you can reset your sleep,
restore balance and wake up feeling your best.



Our daily habits can create *health* or illness



SLEEP REPAIR PROTOCOL RESET

SUPPLEMENT STACKS

Targeted combinations to support deep, restorative sleep
and overnight recovery



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 A targeted stack to support stress response, balance cortisol & promote calm & resilience.



SLEEP RESET STACK

Best for:

Regulating stress hormones
& supporting nervous
system balance

BUY NOW

MAGRELAX® (MAGNESIUM)

Magnesium to relax the nervous system,
reduce stress tension and support
restful sleep.



DREAM TIME ESSENCE

Traditionally used to promote deep,
restful sleep and support overnight
recovery.



SOULFUL SLEEP

High potency formula to calm the mind,
induce sleep & relieve sleeplessness.



ASHWAGANDHA + SAFFRON

Adaptogenic herbs to support stress
resilience, emotional balance and
improve sleep quality.



D-5,000 (VITAMIN D3)

Supports healthy mood balance,
immune function and overall wellbeing.



HOW TO USE SUPPLEMENT STACK



Take supplements
consistently
for best results.



Follow timing
guidelines – most
stacks are best in
the evening.



Take with water
and a light snack
if needed.



Start with
one stack
at a time.



Listen to your body
and adjust as
needed.



Consult a qualified
naturopath for
personalised advice.

LIFESTYLE + SUPPLEMENTS = BEST RESULTS



Stick to a regular
sleep schedule



Get natural light
early in the day



Manage stress
daily



Move your body
regularly



Eat wholefoods
& stay hydrated



Create a calm
bedtime routine



Better sleep is not a luxury, it's a foundation for your health.
Small daily habits can help reset your sleep, restore your energy and transform your life.



OUR DAILY HABITS CAN CREATE HEALTH OR ILLNESS

