

# TOUCHCARE ACTION KIT: HEALTH & WELLNESS EDITION

## SLEEP RESET PLANNER

A Simple Routine for Deep, Restful Sleep Anywhere You Go



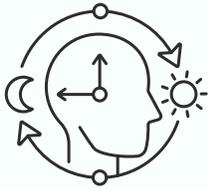
## SLEEP RESET IN 5 MINUTES

A Daily Planner for Busy People on the Go

### MINI CHECK-IN:

“How rested do I feel right now?” 😞 / 😐 / 😊

### THE 3-STEP SLEEP RESET ROUTINE



#### RHYTHM

##### LIGHT HYDRATION TO SLOW DOWN

- A few slow sips of warm water or herbal tea signals your body to begin unwinding.
- Keep it simple. Keep it warm.

💧 Hydration is your first cue for rest.

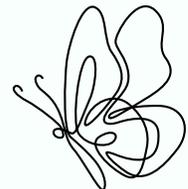


#### RELAXATION

##### RELEASE TENSION & DIM THE LIGHTS

- Roll your shoulders back 5 times.
- Drop your jaw.
- Take 3 slow breaths (inhale 4 sec, exhale 6 sec).
- Lower lights or switch to warm lighting.

🌿 Your body relaxes when your mind knows it's safe to slow down.



#### RESTORATION

##### CREATE CALM BEFORE SLEEP

- Step away from screens for the last 10–30 minutes. Choose one calming action:
  - Warm shower
  - Magnesium or herbal tea
  - Quiet music or light stretching
  - Write 1 line: “Today, I’m letting go of...”
- 🌙 Rest begins before you close your eyes.

### EVENING WIND-DOWN CHECKLIST

- ✓ Warm shower or warm water
- ✓ Light stretch or neck release
- ✓ No screens before bed
- ✓ Dim lights
- ✓ Set tomorrow's top priority
- ✓ One calming action to end the day

🍂 Better sleep doesn't take more time — it takes rhythm.