

Your 1-Page Sleep Hack Pack

(A Sneak Peek Inside the Better Sleep Blueprint)



Ready to break free from those restless nights?

You're holding a shortcut: five quirky, science-backed tricks that'll calm your racing mind and help you drift off more easily—no gadgets, no big-time commitment, just simple changes.

Think of these as the “quick wins” from my more complete system, the *Better Sleep Blueprint*.

After you see results from these tips, you'll know you're ready for the full transformation.

The W.E.I.R.D. Sleep Reset Formula

(A Glimpse into the Better Sleep Blueprint)

W – Wash Your Toes in Frost

Dip your feet in icy water for 10 seconds, then wrap them warm. This sudden temperature shift nudges your body toward relaxation—no fancy gadgets required.

E – Envision a Feast, Not Sheep

Trade in counting sheep for imagining your favourite meal in vivid detail. Engaging your senses this way keeps anxious thoughts at bay, letting drowsiness slip in easily.

I – Imprint Your Tongue Up Top

Press your tongue gently against the roof of your mouth as you lie down. This odd trick can improve your airway flow, making it easier to drift off naturally.

R – Rapid-Fire Your Eyelids

Blink rapidly for about 60 seconds before closing your eyes. This mini “workout” makes closing them afterward feel like blissful relief, setting a soothing stage for sleep.

D – Deploy a Silent Scream

In your mind, imagine screaming at the top of your lungs (silently). This mental “shock” interrupts the loop of racing thoughts, offering a rare moment of quiet that helps you settle in.

Real Results: Meet Sarah

Tammy tried two W.E.I.R.D. hacks—"Wash Your Toes in Frost" and "Envision a Feast"—and within a week, she was falling asleep roughly 20 minutes faster.

Encouraged by this quick win, she dove into the full *Better Sleep Blueprint*.

There, she discovered how to personalize her nighttime routine, break her worry cycle for good, and wake up feeling genuinely refreshed.

Today, Tammy's bedtime feels like a reward, not a struggle.

Ready for the Full Transformation?

These W.E.I.R.D. hacks are just your first taste of what's possible.

If a single page can help you sleep easier tonight, imagine what a complete, step-by-step system can do.

→ [Click here to access the Better Sleep Blueprint now.](https://www.stresstherapist.net/thank-you-download/better-sleep-sales-page)

(If you can't click, Just copy this link into your browser:

www.stresstherapist.net/thank-you-download/better-sleep-sales-page)

Don't wait. Start unlocking truly restful nights and brighter mornings.

Just one more step and you're on your way to the deep, rejuvenating sleep you deserve.