

SLEEP INTERRUPTIONS

WAKE RECOVERY GUIDE



STAMINA LAB



WAKE RECOVERY GUIDE

Sleep disturbances can be a frustrating experience, especially when waking up in the middle of the night and struggling to fall back asleep.

Fortunately, strategies are available that combine nervous system management techniques with Cognitive Behavioral Therapy for Insomnia (CBT-i)* to address this issue.

By implementing these techniques and seeking guidance from our Stamina Lab Sleep & Recovery coaching team, you can work towards achieving a restful and uninterrupted night's sleep.

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1 DEEP BREATHING

Deep breathing is a simple yet powerful technique for falling back to sleep that activates the parasympathetic nervous system, which promotes a **sense of calm and relaxation** in your body.

By focusing on **slow, deep breaths**, you can shift your body from a state of stress and alertness to a state of relaxation to fall back to sleep.

2 PROGRESSIVE MUSCLE RELAXATION

Another effective technique for promoting relaxation and aiding in the return to sleep is progressive muscle relaxation (PMR), which involves systematically **tensing and relaxing muscle groups** throughout the body.

This technique can help **release physical tension** and promote a sense of calm, making it easier to fall back asleep.

3 VISUALIZATION TECHNIQUES

Visualization involves **creating mental images** or scenes that evoke calmness and tranquility.

By focusing on these positive images, you can divert your attention **away from anxious or stressful thoughts** that may prevent you from falling back asleep.

4 COGNITIVE RESTRUCTURING

Cognitive restructuring is a technique commonly used in Cognitive Behavioral Therapy (CBT) that involves challenging and **reframing negative or anxious thoughts** that may keep you awake when you wake up in the middle of the night.

Cognitive restructuring involves **actively monitoring your thoughts** during wakefulness and consciously replacing negative thoughts with positive ones.



5 AUTOGENIC TRAINING

Autogenic training is a technique that allows you to take control of their bodily responses and promote a sense of tranquility.

By **silently repeating specific phrases in their mind**, such as "my arms are heavy" or "my breathing is calm and regular," you can **create a state of deep relaxation** to help you fall back asleep.

6 4-7-8 BREATHING TECHNIQUE

The 4-7-8 breathing technique, developed by Dr. Andrew Weil, is a simple and effective method to **help calm the nervous system** and promote relaxation.

To **practice the 4-7-8 breathing technique**, start by taking a deep breath in through your nose for a count of 4. Then, hold your breath for a count of 7. Finally, exhale slowly through your mouth for a count of 8. Repeat this cycle a few times to help induce a state of relaxation if you are having trouble with nervous thoughts while trying to return to sleep. This is particularly effective after a bad dream.

7 GROUNDING TECHNIQUES

Grounding techniques bring you back to the present moment and **create a sense of stability** and connection to their surroundings when overwhelmed by frustration when trying to fall back asleep.

One effective grounding technique is the "**5-4-3-2-1**" **exercise**. This involves identifying five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

This form of meditation involves systematically **bringing your attention to different body parts**, starting from your toes and moving upwards. As you focus on each body part, you notice any tension or discomfort and consciously release it, allowing that part of your body to become warm, heavy, and relaxed.

8 BODY SCAN MEDITATION

To practice body scan meditation, find a comfortable position in bed and begin by bringing your attention to your toes. Notice any sensations or tension in this area and consciously release it. Slowly move your attention upwards, scanning each body part and repeating the **process of noticing and releasing tension**. Take time with each body part, allowing yourself to relax and let go.





9 AROMATHERAPY

Scents like lavender and chamomile can be relaxing for many people. Consider having an essential oil roller or spray near your bed for such awakenings. When inhaled, these scents travel from the olfactory nerves to the brain and impact the amygdala, which is the brain's emotional center, often producing a calming effect.

Aromatherapy scents are **great both for trying to fall asleep as well as returning to sleep** when waking up in the middle of the night.

10 GETTING OUT OF BED

If more than 15-20 minutes have passed and you are still not asleep, try getting out of bed and **doing something relaxing in a different area of the house** like reading a book under dim light.

11 SOOTHING MUSIC

If you have a device like Alexa or Google Nest where you don't have to check a screen to use, ask it to play relaxing music or white noise.

Music can evoke emotions and create a calming atmosphere, making it an effective tool for trying to fall back to sleep after waking up in the middle of the night. In addition to promoting relaxation, **soothing music can drown out external noise** and create a peaceful environment for returning to sleep if you are woken up from noise.

12 DO NOT

Do not check your cell phone upon waking to prevent the stimulating effects of blue light. This light emitted by screens can disrupt your circadian rhythm, crucial for regulating sleep.

Resist the urge to constantly check the time, as it can heighten stress levels and hinder falling back asleep.

When you use the restroom at night, try to refrain from turning on lights or engaging in other tasks.

If more than 15-20 minutes pass without falling back asleep, consider getting up to read or listen to soothing music elsewhere in the house to alleviate anxiety.



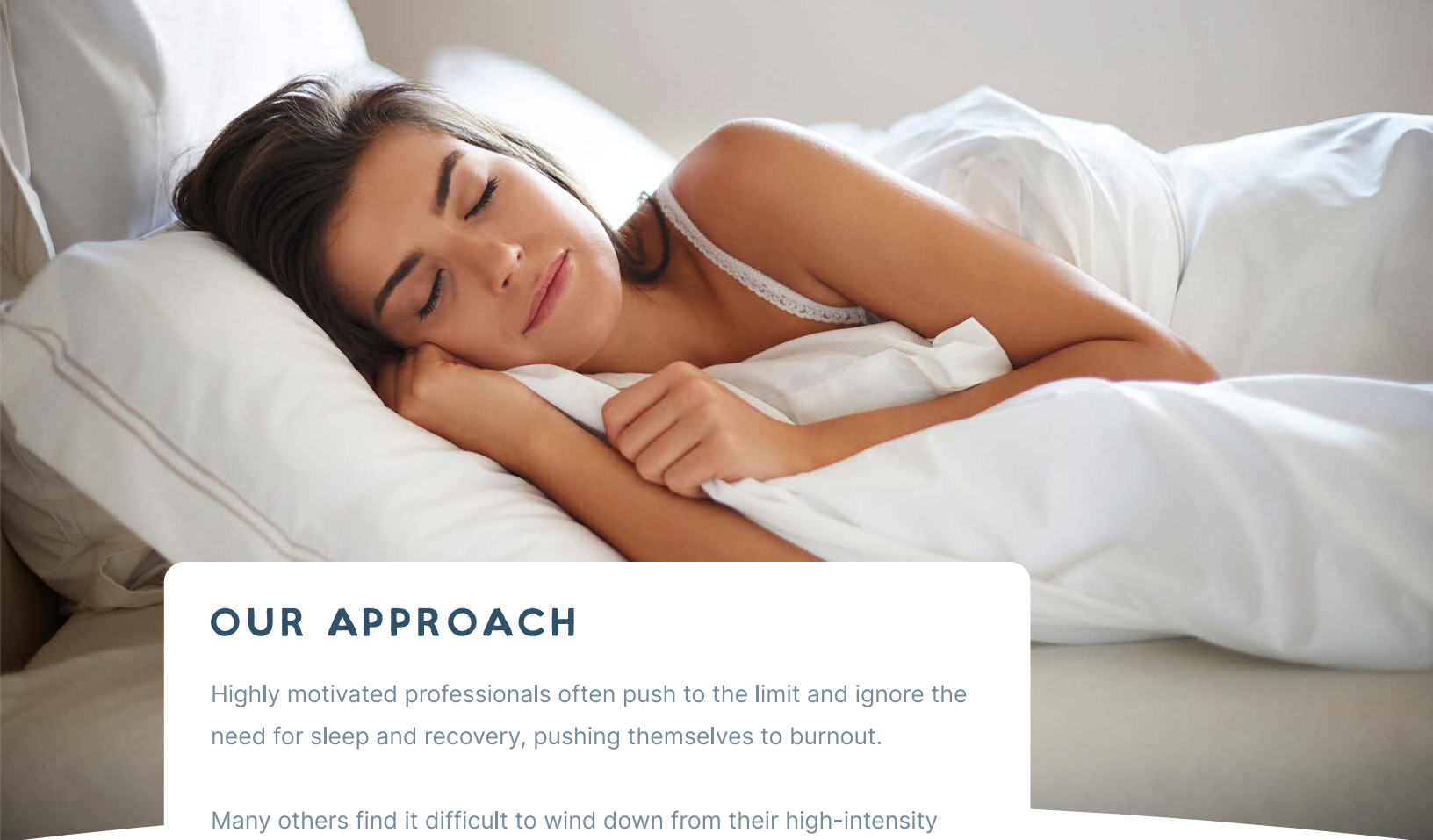
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WHAT TO DO IF YOU NEED HELP FALLING AND STAYING ASLEEP

Implementing strategies for waking up in the middle of the night and going back to sleep, along with maintaining a consistent sleep schedule, controlling the sleep environment, and practicing mindfulness and meditation, can help you achieve a restful night's sleep.

If you continue to have a problem with regularly waking up and being able to fall back asleep, our Stamina Lab Sleep & Recovery coaches are here to help.

[Book your free discovery session](#)



OUR APPROACH

Highly motivated professionals often push to the limit and ignore the need for sleep and recovery, pushing themselves to burnout.

Many others find it difficult to wind down from their high-intensity day and get the rest they know they need.

Out of desperation, many turn to sleeping pills, alcohol, or self-guiding apps that don't lead to change, and wearable technology that they lack the training to use effectively. Then, they resort to non-stop caffeine and other stimulants to function day after day.

THERE'S A BETTER WAY

Optimizing sleep and recovery isn't merely a desire but a habit that can be meticulously cultivated.

By integrating the cutting-edge science of behavior design, data-driven coaching, and strategic applications of Cognitive Behavioral Therapy for Insomnia (CBT-I) and nervous system management techniques, you can forge lasting improvements to your sleep practices and nightly routines.

This holistic approach doesn't just amend symptoms; it revolutionizes your sleep experience from the ground up.

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Since joining this program, my sleep quality has drastically improved, transitioning from reliance on substances to a healthier routine guided by my coach.

Her holistic, personalized approach tackling diet, exercise, and relaxation techniques has given me practical strategies for better sleep, leading to 80-90% improvement, and the confidence to handle occasional sleepless nights.

SAGAR M.
SENIOR PROJECT MANAGER



*Cognitive Behavioral Therapy for Insomnia (CBT-I) is a structured, evidence-based treatment for those struggling with sleep difficulties. It focuses on changing negative thought patterns and behaviors related to sleep to promote healthy, sustained, and restful sleep patterns.

Disclaimer: This guide is intended for informational purposes only and does not constitute medical advice, diagnosis, or treatment. The content provided should not be considered a substitute for professional medical expertise. If you are experiencing persistent sleep disturbances or other health issues, please consult a healthcare professional including those trained in CBT-I such as our coaches. Results from the techniques outlined may vary, and readers are encouraged to take their personal needs and health circumstances into account when applying any advice contained within this guide.