

CURATED VAZHVIYAL

Regulating the Nervous System

A gentle guide to stress-free, deeply restorative sleep

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INTRODUCTION

Why Your Nervous System Holds the Key

True rest is not measured only in hours — it is measured in depth.

To sleep stress-free, you need to regulate your nervous system and release tension held in your fascia, especially if you carry any stiffness or recurring body pain. Fatigue is a very common problem: you may feel tired even after a full eight hours of sleep, simply because your nervous system never fully relaxed throughout the night. Real recovery begins when the body feels safe enough to let go — and this guide walks you through the daily practices that help your body reach that state, naturally.

The goal isn't just eight hours of sleep — it's the *right* eight hours. When and how you unwind matters just as much as how long you sleep.

PRACTICE ONE

Grounding — Reconnect with the Earth

Grounding, at its heart, is simple: it is being in nature, barefoot, in direct contact with the earth. When your bare skin touches the ground, the earth transfers free electrons into your body. These act like natural antioxidants — helping to reduce inflammation, improve circulation, and prepare your body for deeper, more restorative sleep.

Ways to ground yourself each day:

- ◆ **Walk barefoot** on grass, early morning or evening.
- ◆ **Hug or climb a tree** and simply feel its steadiness beneath your hands.
- ◆ **Play in the sand** on the ground or at the beach, letting it move through your fingers and toes.
- ◆ **Walk along the shoreline** with bare feet sinking into wet sand.
- ◆ **Soak your legs in sea water** or let yourself be gently drenched by the waves.
- ◆ **Swim in a natural water body** a river, lake, pond, or the sea.
- ◆ **Garden with your hands in the soil** planting, weeding, or simply tending to the earth.

There is no single “correct” way to ground — do whatever brings you closer to nature, as often as your day allows. Even ten quiet minutes with bare feet on grass can begin to shift how your body settles into rest that night.

PRACTICE TWO

Meditation Before Bed

The second step in calming and regulating your nervous system is meditation. In the minutes just before you go to bed, a short sleep meditation calms the mind and relaxes the body, gently easing you out of the day's tension and into genuine rest. This doesn't need to be long or complicated — a few slow, guided minutes are enough to signal to your nervous system that it is safe to let go.

“When the mind settles, the body finally believes it is safe enough to heal.”

Choose a meditation that feels gentle rather than effortful — body-scan meditations, breath-awareness practices, or simple guided relaxations all work beautifully as part of a wind-down ritual. Make it a nightly habit, not an occasional one, so your body learns to recognise it as a cue for sleep.

PRACTICE THREE

Calming, Meditative Music

Alongside meditation, listen to soft, calming, meditative music before you go to bed. Gentle instrumental sounds, nature recordings, or slow ambient tones quiet the mind and help the body ease out of alertness. Let this music play softly in the background as you wind down — it is a simple, effortless way to lower mental noise before sleep.

PRACTICE FOUR

The Golden Window — Sleep by 11 PM

Try to get into bed a little earlier than you think you need to, so your body has time to properly relax before sleep sets in. Just eight hours of sleep is not the real target — *which* eight hours you sleep matters just as much.

11:00 PM – 2:00 AM

is the window in which your body performs its most crucial repair and healing work.

Your body can heal itself when given the right environment — and that environment begins with going to sleep on time.

Sleeping by 11 PM is mandatory, not optional, if you want your body to fully benefit from this repair window. Build your evening around this anchor point — let your grounding, meditation, and calming music all lead you toward bed a little earlier than before.

YOUR RITUAL

The Evening Wind-Down Checklist

Do everything you can to relax your mind and body right before going to sleep. Use this simple checklist each evening to guide yourself gently toward the 11 PM window:

- ✓ Spend time grounding — barefoot on grass, sand, or soil — sometime during your day.
- ✓ Dim the lights and slow down at least 45–60 minutes before bed.
- ✓ Sit or lie down for a short sleep meditation.
- ✓ Play soft, calming, meditative music while you unwind.
- ✓ Put screens away and let your mind quieten.
- ✓ Be in bed, ready for sleep, by 11:00 PM.
- ✓ Trust the process — your body knows how to heal when given the right environment.

With warmth,

Melina Jeanne

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