

# Cooling Bedtime Rituals Worksheet

For Women 40+ Who Want to Sleep Deeply & Wake Feeling Fully Alive

## 1. Tune In – What Needs Cooling?

Check in with yourself. Circle any areas that feel overheated – physically, mentally, or emotionally.

### BODY

- Hot flashes/night sweats
- Inflammation or tension
- Overheating at night
- Restlessness

### MIND

- Racing thoughts
- Overanalyzing or perfectionism
- Planning tomorrow while trying to sleep

### EMOTIONS

- Irritability
- Impatience
- Frustration or resentment

## Which area feels most dominant right now?

- Body
- Mind
- Emotions

## 2. Choose Your Cooling Rituals

From the list below (or your own), check 2–4 practices you'd like to try this week:

- Abhyanga with cooling oil (coconut, Brahmi, or Ksheerabala)
  - Rosewater face mist or compress
  - Foot soak with lavender
  - Pitta-balancing herbal tea (rose, fennel, chamomile)
  - Evening journaling
  - Sheetali Pranayama (cooling breath)
  - Screen-free wind-down hour
  - Moon bathing or candlelight ritual
  - Cooling bedtime snack
  - Lavender + vetiver pillow mist
- Optional: Add one of your own:

## 3. Set Your Intention

Write a simple, heart-centered intention to guide your evening practice.

*Tonight, I give myself permission to:*

## I am learning to cool myself with:

- Kindness
- Curiosity
- Simplicity
- Nourishment
- Stillness

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## 4. Sleep Journal

Date: \_\_\_\_\_

What rituals did I try tonight?

How did I feel emotionally before bed?

What changed after the rituals?

### How did I sleep?

Deep sleep  Okay  Restless  Awake often

### Morning mood upon waking:

Calm  Tired  Energized  Foggy  Clear

What do I want to adjust or repeat tomorrow night?

## 5. Reflection Prompt (End of Week)

After 5-7 nights of exploring your rituals, take a moment to reflect:

Which rituals helped me feel more grounded or alive?

What surprised me most about this process?

What do I now understand about cooling, rest, or myself that I didn't before?

*Awareness over perfection. That's what allows healing to happen.*