A Sleep Reset Toolkit for Teens & Parents

Created by Austin Integration Coaching
Helping families trade late-night scrolling for better sleep, connection, and emotional regulation.

<u>Why This Matters</u>

Nighttime scrolling keeps the brain overstimulated, leading to poor sleep, anxiety, and emotional burnout — especially for teens. This toolkit helps reset the nervous system, encourage family bonding, and build healthier tech habits, all in under 30 minutes a night.

Nightly Routine Reset (15–30 Minutes)

Step 1: Unplug the Scroll (10–15 min before bed)

- Set a nightly "Rest Time" reminder
- Turn on "Do Not Disturb" or blue light filters on devices
- Invite a screen-free zone (bedroom, 1 hour before sleep)

Step 2: Choose Your Chill Mode
 Search and press play on any of these (Spotify or YouTube):

Guided Meditations (Teens + Parents)

- *"Yoga Nidra for Sleep – Ally Boothroyd"*
- *"Mindfulness Meditation for Teens – UCLA Mindful Awareness"*
- *"Body Scan for Sleep – Jon Kabat-Zinn"*
- *"Sleep Talk Down Guided Meditation – Jason Stephenson"*

Binaural Beats & Soothing Frequencies

- *"528Hz DNA Repair + Deep Healing"*
- *"432Hz Heart Chakra Sleep Music"*
- *"Theta Waves – Emotional Healing Sleep"*
- *"Rain & Ocean Sounds for Deep Sleep"*

Encourage headphones or external speaker — no screen watching needed!

Step 3: Breathe Together (2–5 Minutes)
 Try this family-friendly breathwork:

- Inhale 4 counts
- Hold 4 counts
- Exhale slowly for 6 counts
- Repeat 4–6 times
    Bonus: Add a calming phrase like: "We're safe to slow down."

Step 4: Reflect & Release (2–5 Minutes)

Use this moment to wind down your mind by reflecting quietly or writing in a notebook.

Choose one to journal or think about:

- *One thing that felt good today*
- *One thing I'm letting go of tonight*
- *What I want to feel more of tomorrow*

💡 Tip: Keep a small notebook by the bed for this nightly habit. It helps the brain signal: "It's time to rest."

Step 5: Wind Down Ritual (5–10 Minutes)
 Choose what fits:

- Rub calming lotion on hands or feet
- Read one page of a book aloud
- Do a 1-minute "body scan" (relax each part of the body, slowly)