



Sensationally

W I R E D

TOP 6 TIPS

FOR SLEEP

&
NERVOUS SYSTEM
REGULATION

SENSATIONALLYWIRED.COM



CRANIOSACRAL THERAPY

Tip #1

Craniosacral Therapy is a gentle, light touch body work that balances, calms and regulates the nervous system. Finding a local practitioner or doing it at home, for yourself, or child, can help with sleep.

For self treatment, you can even teach your child, is to interlace your fingers and place the hands on the back of the head where the skull meets the neck. you can do this sitting up or laying down on the hands. This creates a “still point” which resets the nervous system.

Parents, you can do this technique on your young child. While sitting up or laying on their belly, place one of your hands at the base of their skull and the other on their sacrum, the butterfly shaped bone at the base of the spine. This connects the full length of the spinal cord to allow the cerebral spinal fluid to flow and allow all the nerves coming off the spine to reset and relax.

BREATHWORK



Tip #2

Your breath brings oxygen into your body so that you can thrive. When you are physically or emotionally stressed, it affects how you breathe. Breathwork helps to calm your stress and bring balance to your body. The basic idea of breathwork is to release toxins and stress when you breathe out and nourish your mind and body when you breathe in. Breathwork may also have a positive impact on your central nervous system.

One easy way to breathe to stimulate the parasympathetic nervous system, the rest and digest part of the nervous system, is to blow through a silly straw. The smaller diameter of the straw allows the exhale to extend which allows the nervous system to relax.

With your children you can bring this into bedtime and breathe together before sleep. You can even make it a game by blowing into bubble water or imagine blowing a bubble or balloon.



NUTRITION

Tip #3

You may be wondering why a balanced diet is important. The simple answer is eating a healthy, balanced diet is a vital part of maintaining good health and helping you to feel your best. A balanced diet supplies the fuel your body needs to work effectively. Eating a variety of foods and consuming less salt, sugars, and saturated fats are essential to ensure your body functions at its best.

For some, diets consist of crunchy, chewy, soft, sweet, brown or even having hyper fixation meals. This can be part of life for some with neurodivergences. Taking this into account, working with a nutritionist and finding ways to incorporate balanced eating is helpful.

The top tip is to work closely to incorporate an anti-inflammatory diet. Removing sugars, dyes, refined carbohydrates, processed foods and certain oils such as corn or soybean.

Whole foods is best!

YOGA

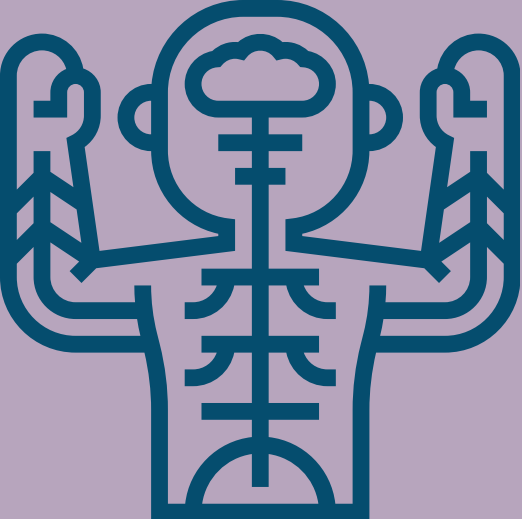


Tip #4

Yoga, especially restorative practices, is a restful practice that is all about slowing down and opening your body through passive stretching. When the body enters a state of relaxation the mind can also consciously relax as tension is released from both body and mind.

One yoga asana, or pose, is called Legs up the Wall. The above image is exactly what to do. The back will rest on the floor and the legs will rest against the wall with the feet up towards the ceiling. The arms can be down by the sides, out in a T or cactus arms, bent at the elbow.

- Activates the relaxation response (parasympathetic nervous system) and deactivates the stress response (sympathetic nervous system)
- Helps lower or regulate blood pressure
- Calms the mind
- Can help you wind down for bed and improve sleep



SOMATIC WORK

Tip #5

Somatics describes any practice that uses the mind-body connection to help you survey your internal self and listen to signals your body sends about areas of pain, discomfort, or imbalance. These practices allow you to access more information about the ways you hold on to your experiences in your body.

For bedtime, you can shake off your worries or concerns. Stand up and literally shake your entire body. Imagine anything weighing you down, you can even say them out loud or write them down, and as you shake they fall off you.

For parents with children, have the child write, or you can if they can't write yet, their worries on sticky notes and stick them to the child's clothing. As they child shakes their body the sticky notes full of their worries falls off them.

SENSORY ACTIVITY



Tip #6

For some Neurodivergent individuals all the stimulation during the day can be overwhelming and can bring on a disconnection between body and mind. This disconnection can activate the sympathetic nervous system, the Fight, Flight, Freeze stress response.

For children one of the best sensory activities to do before bed is burrito roll and pillow squish.

Place a blanket on the floor and allow the child to lay on it. Roll the child up in the blanket like a burrito and then take a pillow and gently yet firmly (ask the child the best pressure for them) squish the child's body from feet to torso. Do as many as the child would like.

The pressure applied reconnects the body and mind and activates the relaxation response so the child can rest and relax for bedtime.