



COMING HOME TO REST

WORKBOOK

A gentle, evidence-informed workbook for sleep,
stability and self-trust.

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W E L C O M E

Hello

I'm so glad you're here.

Thank you for choosing to spend some time with this workbook.

I created it to support you with sleep and with your relationship to rest.

Sleep is foundational. It shapes our energy, mood, clarity, and resilience, yet it's often treated as something to fit in rather than something to protect.

This workbook offers a gentler approach, using reflection and questioning to explore what rest could look like if it were prioritised.

Take what is helpful, leave what isn't, and be kind to yourself as you move through these pages.

Beshlie Donaldson

ABOUT ME

I am a life, leadership, and business coach, and I'm passionate about helping people put their own needs back at the centre of their lives.

For many - that starts with sleep.



WHY SLEEP MATTERS

Sleep is the foundation of emotional regulation, clarity, resilience and physical health. A single good night's sleep can change how we feel more quickly than weeks of other lifestyle changes.



01 What is my current relationship with sleep and rest?

02 How does tiredness affect my mood, patience or clarity?

03 If sleep were an act of self-respect, what might change?

UNDERSTANDING YOUR SLEEP PATTERN

Some people are natural sleepers with poor habits. Others experience insomnia. Nothing here is about doing sleep 'right'.



01 What time do I usually go to bed and wake up?

02 What is my evening environment like (light, noise, temperature, screens)?

03 How does my body feel in the evening?

STABILITY, NOT PERFECTION

Better sleep is built through consistency and kindness, not control. Some nights will be easier than others. This is normal and human.



01 What helps my system feel safest in the evening?

02 How do I usually respond after a poor night's sleep?

03 What would a more compassionate response look like?

SLEEP, RESILIENCE & THE NERVOUS SYSTEM

When sleep is compromised, our nervous system is more likely to remain in a state of heightened alert. This makes emotional regulation harder, increases stress reactivity, and can reduce empathy, patience and focus.

Which description best fits me right now?

Would I describe myself as a natural sleeper with poor habits, or someone experiencing deeper sleep disruption?

How am I being affected?

How does lack of sleep show up in my emotional regulation or stress levels?

What is my nervous system telling me?

How does my nervous system feel when I am well rested compared to when I am tired?

MICRO-PRACTICES TO SUPPORT SLEEP

Quality sleep is supported by signalling safety to the nervous system. Small, repeatable actions done consistently are more effective than dramatic changes.

- *A consistent, calming bedtime routine that signals 'it is safe to rest'*
- *A sleep environment that is quiet, dark, cool, and comfortable*
- *Reducing stimulation in the evening, especially news, work, and bright screens*
- *Limiting reliance on caffeine, sugar, or alcohol to manage fatigue*
- *Keeping a consistent wake-up time, even after a poor night*

Which micro-practices feel most accessible to me right now?

List a few that you feel drawn to.

How can I put this into practice?

What one thing could I start to do today that will gently support my sleep?



WOULD YOU LIKE TO
LEARN MORE?



To see if we can work together to find a path that works for your unique situation, click on the button below to arrange a free coaching session with me.

[SCHEDULE A FREE
COACHING SESSION](#)

See the next page for resources that will support you.

EVIDENCE AND RESOURCES

The following resources are offered as support, not instruction.

[Arianna Huffington – How to Succeed? Get More Sleep \(TED Talk\)](#)

[Matthew Walker – Sleep, Performance and Health \(Rich Roll Podcast\)](#)

[Tim Ferriss – Evening Routine \(YouTube\)](#)

[Harvard Health – Mindfulness Meditation and Sleep](#)

[ScienceDaily – Diet and Sleep Patterns](#)

[The Healthy – Advantages of Being a Morning Person](#)

[The Healthy – Alzheimer's Disease and Sleep](#)

If you are experiencing persistent or distressing insomnia, or sleep difficulties that feel beyond the scope of gentle self-reflection, it may be supportive to speak with a qualified healthcare or mental health professional. This workbook is intended as a reflective resource, not a substitute for personalised clinical care.

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