

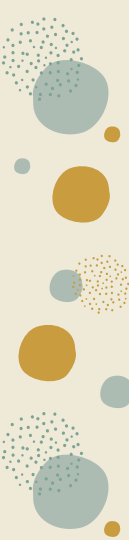



*Sleep isn't something you fight for.
It's something you create space for.*



Phoenix Sleep Flowchart + Mini Guide


Heal Midlife Insomnia with the
Phoenix Process™ &
Traditional Chinese Medicine Wisdom





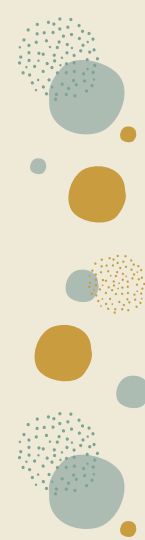
Dear Beautiful Souls,

If you've ever struggled with insomnia—whether it's falling asleep, waking in the middle of the night, or restless early mornings—you know how exhausting it can be.




In Traditional Chinese Medicine (TCM), sleeplessness isn't random. It's your body's way of signaling imbalance. Different times of night connect to different organs, emotions, and seasons. When you understand this rhythm, you can respond with compassion instead of frustration.

This guide pairs the Phoenix Process™ with TCM wisdom to give you simple practices, rituals, and prompts you can use right away. Think of it as your nightstand companion—a gentle reminder that your body is always guiding you back to balance.



With warmth,

Devon Verneti | Midlife Reinvention Coach
purposefullyou.com



The Lung Hour (3–5 AM): Time to Release

If you often wake around 3–5 AM, you're not alone. In Traditional Chinese Medicine (TCM), this is the Lung hour—a time when the lungs are most active, cleansing the system and circulating fresh energy. For many women in midlife, this is when the body calls attention to what still needs to be released.

- **Physical:** The lungs replenish oxygen, clear waste, and reset your system.
- **Emotional:** Lung energy is tied to grief, sadness, and the courage to let go. Restlessness here often signals that unprocessed feelings or attachments are ready to be released.
- **Seasonal:** The lungs belong to the Metal element and the season of Autumn—when nature teaches us to shed what is no longer needed, just as the trees let go of their leaves.

Mini Practices for Lung Balance

- **Journaling:** Before bed, write down one worry, role, or thought you're ready to release.
- **Breathwork:** Inhale for 4 counts, exhale for 8, reminding your body it is safe to soften.
- **Acupressure:** Gently press Lung 7 (outer wrist, thumb side) for 2–3 minutes to open pathways of release.
- **Affirmation:** “With every exhale, I let go of what no longer belongs to me.”

✨ This guide gives you a simple flowchart and a few quick rituals. If you're curious to explore more about why you wake at different times of night, visit the full [Phoenix Process Sleep Clock](#) on my blog.

The Phoenix Process™ Phases for Restful Sleep



✨ Use this flowchart as your quick reminder:
insomnia isn't a battle, it's a guide.

Phoenix Process Balancing Rituals

✨ These simple rituals are designed to gently realign your body, mind, and spirit with the Phoenix Process™. Use them as calming reminders that balance is always within reach, even on restless nights.

Release

- Journaling
- Long exhales
- Cobra pose

Root

- Eat soups & stews
- Mountain pose
- Barefoot walk

Rise

- Morning sunlight
- Nature walks
- Castor oil pack

Radiate

- Gratitude
- Laughter
- Cobra Pose

Recenter

- "Me" time
- Saying "No"
- Mindful eating

Fabulous Aromatherapy Blends

✨ Use these diffuser recipes to create a calm, balanced atmosphere anytime you need it. Adapted from I Am Fabulous by Desiree Mangandog, L.Ac., they make aromatherapy an easy, powerful part of your Phoenix Process™ rituals.

Clear the Clutter

- 2 Lemongrass
- 1 Lime
- 1 Douglas Fir

Sleepy Nights

- 1 Juniper Berry
- 1 Cedarwood
- 1 Wild Orange
- 1 Lavender

Calm the Beast

- 1 Frankincense
- 1 Lavender
- 1 Arborvitae
- 1 Lime

Empowered

- 1 Ginger
- 2 Wild Orange
- 1 Patchouli

Magic

- 1 Juniper Berry
- 1 Cedarwood
- 1 Cypress
- 1 Lavender

*All essential oils recipes are in drops

NIGHTLY RITUAL FOR REST

✨ REPEAT THIS NIGHTLY—YOUR BODY LEARNS THROUGH RHYTHM AND CONSISTENCY THAT IT IS SAFE TO REST.

1

DIM & DISCONNECT

Turn off screens and lower lights 60 minutes before bed.

2

SIP & SOOTHE

Calming tea (chamomile, lavender, or jujube date).

3

RELEASE & REFLECT

Journal one thought or tension you want to let go of.

4

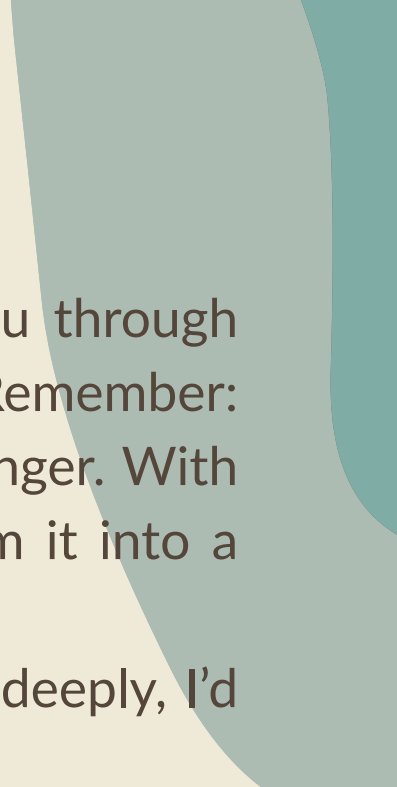
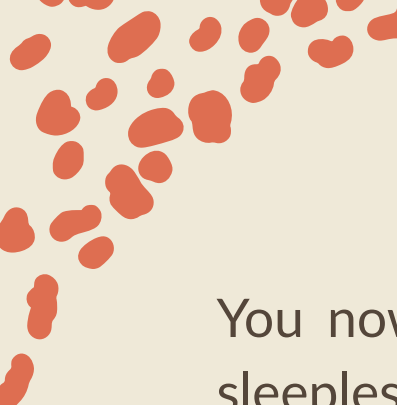
STRETCH & SETTLE

Legs-up-the-wall or acupressure point Spleen 6 or Lung 7

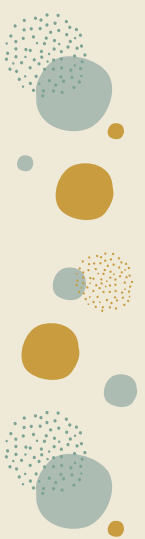
5

GRATITUDE & GROUNDING


Place your hand on your heart, name one thing you're grateful for, and breathe it in.




You now have a framework to guide you through sleepless nights and restless energy. Remember: insomnia is not your enemy—it's a messenger. With the Phoenix Process™, you can transform it into a source of healing, balance, and renewal.



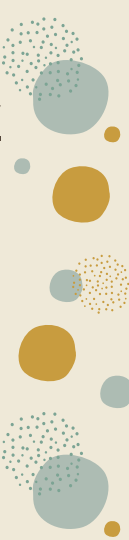
If you'd like to explore this journey more deeply, I'd love to invite you into:



The Phoenix Nest Membership — ongoing community, seasonal rituals, and resources to support your transformational journey month after month.



Not ready to fully commit? Start with the 21-Day Empowered Mindset Challenge — a powerful introduction to the Phoenix Process™ that helps you shift your perspective, reclaim energy, and experience change in just three weeks.



Wherever you begin, each step is part of your larger reinvention.

Your rest, your clarity, and your reinvention are waiting for you.