THE BEDTIME BREAKTHROUGH

Shifting From Nightly Battles to Nervous System Rest

The Truth About the "Bedtime Stigma"
Sleep struggles aren't bad behavior—they are biology.

- **Survival Instinct:** Isolation floods sensitive ("Orchid") children with cortisol.
- **Safety Builds Independence:** True autonomy stems from security, not forced isolation.
- **Proximity Calms:** Your presence lowers their heart rate and signals that nighttime is safe. I have a wealth of practical strategies to help ease bedtime struggles—I'd love to help your family finally get restful sleep.

Calibrating the Sensory Bedroom Sanctuary
Remove environmental "static" before expecting your child to rest:

- **Lighting Detox:** Swap harsh overhead LEDs for soft, dimmable lighting and hide visual clutter.
- **Tactile Comfort:** Replace rough fabrics with 100% natural, breathable fibers like bamboo or organic cotton.
- **Proprioceptive Grounding:** Use a weighted blanket (~10% of body weight) to trigger rest-and-digest.
- **Acoustic Softening:** Use plush rugs, blackout curtains, and white/brown noise to absorb echoes.

Want to Help Your Home Breathe?
If your family is caught in a cycle of sensory overload, you don't have to do it alone.

- **Explore Our Digital Toolkits:** Visit my Orchid & Anchor Etsy Shop for deep-dive guides on sensory sanctuaries and slow-tech boundaries.
- **Ready for a Customized Plan?** Discover the Orchid & Anchor Intensive—our specialized 5-session consultancy to calibrate your home and restore peace.

👉🏻 Visit www.orchidanchor.com to book your parent intake consultation.

Aubrey Devore, LCPC, NCC, RPT — Orchid & Anchor