



A SPECIAL COLLABORATION

Your Personal *Sleep Recipe*

Sleep isn't something you're bad at — you just haven't had the right recipe yet. This guide gives you the ingredients, organized around the three pillars of sleep wellness, to finally fall in love with rest and with yourself.

Written by Dr. Tara Youngblood | Sleep Scientist & Co-Founder, Geli Sleep

"Deep sleep has been called the fountain of youth — because when we're in deep sleep, we heal."

— Dr. Tara Youngblood,
TEDxCaryWomen

I spent years unable to sleep. Not because I was broken — but because I didn't have a plan. We plan our workouts, our meals, our calendars. Yet we collapse into bed and hope for the best.

Sleep is the most powerful act of self-care you will ever perform. It is where your body heals, your memories are filed, your skin repairs, and your spirit restores. **You deserve to get it right.**

Just like WeShape teaches you to move with your body — not against it — this Sleep Recipe teaches you to rest *with* your biology. No rules. No judgment. Just the right ingredients, in the right order, for *you*.

How Your Sleep Recipe Works

Your night is organized into **3 Buckets**. Within each bucket, choose options from Dr. Tara's **3 Pillars of Sleep & Wellness**.

● Pillar 1 · Environment

● Pillar 2 · Mindset

● Pillar 3 · Behaviors

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BUCKET ONE

The Bedtime Bucket

Evening · 1–2 hrs before bed

What's happening in your body: Your brain is scanning the environment for the signal that it's safe to let go. Your nervous system needs to shift from "doing" to "being." The most powerful trigger is a **change in temperature** — just like the world cooling at sunset. This is your sleep switch, and you can flip it on purpose.

● Pillar 1 · Environment

Set the Stage for Sleep



Warm Bath or Shower

A warm soak raises skin temperature; the cool air afterward triggers the drop your body craves. This is nature's sleep switch — use it.



Dim Your Lights

Bright overhead lights signal "daytime" to your brain. Switch to lamps, candles, or warm bulbs 1–2 hours before bed to invite melatonin in.



Aromatherapy

Lavender, cedarwood, or chamomile diffused in your bedroom signals the nervous system that this space is safe, calm, and made for rest.

● Pillar 2 · Mindset

Quiet the Mental Chatter



Gratitude Journaling

Write three things you appreciated today — including one thing about yourself. Your brain cannot hold anxiety and gratitude simultaneously.



Brain Dump

Write tomorrow's to-do list tonight. Transferring worries from your head to paper tells your brain it's safe to stop processing and let go.



Sleep Affirmation

"I am safe. My body knows how to sleep. I give myself permission to rest." Repeat slowly. You are not broken — you are learning to love sleep again.

● Pillar 3 · Behaviors

Build Your Wind-Down Ritual



Phone-Free Wind Down

Set your phone to sleep mode 60 minutes before bed. Blue light tells your brain it's noon. Give yourself the gift of a real, felt sunset.



Read Something You Love

Fiction, poetry, or a feel-good memoir. Reading lowers heart rate by up to 68% in just 6 minutes. This is self-care, not laziness.



Herbal Tea Ritual

Chamomile, passionflower, or lemon balm. The warmth, the ritual, the pause — all signal your body that it is safe to soften and slow down.

2

BUCKET TWO

The Deep Sleep Bucket

Night · Sleep onset to ~3 AM

What's happening in your body: This is where the magic lives. Your spinal fluid washes toxins from your brain. Growth hormone surges to repair skin and muscles. Your memories are filed and your DNA is healed. **Deep sleep loves the cold.** Your core body temperature must drop to reach this stage — and most modern mattresses work against you by trapping heat.

● Pillar 1 · Environment

Create Your Sleep Cave



Cool Your Sleep Surface

Your mattress should work with your body, not against it. Geli Sleep's thermal technology keeps your core in the deep-sleep temperature zone all night long.



True Darkness

Blackout curtains or a sleep mask. Even small amounts of light suppress melatonin. Darkness is not just comfort — it is a biological requirement for deep rest.



Sound Sanctuary

White noise, brown noise, or nature sounds create a consistent audio environment that prevents your brain from scanning for threats while you sleep.

● Pillar 2 · Mindset

Release Control & Trust Your Body



Body Scan Meditation

Slowly scan from your toes to your head, consciously relaxing each part. This shifts your brain from "doing" to "being" and invites deep sleep to arrive.



Sleep Meditation or Story

A guided sleep meditation or calm sleep story gives your busy mind something gentle to follow, so it stops generating its own anxious content.



Self-Compassion Check-In

If you can't sleep, whisper: "This is hard, and I am doing my best." Resisting wakefulness creates more wakefulness. Kindness is the fastest path back to sleep.

● Pillar 3 · Behaviors

Protect Your Deep Sleep Window



4-7-8 Breathing

Inhale 4 counts, hold 7, exhale 8. This activates your parasympathetic nervous system — your body's built-in off switch. Do 3–4 cycles in bed.



Consistent Bedtime

Your circadian rhythm is a clock, not a suggestion. Going to bed within 30 minutes of the same time nightly is the single most powerful sleep habit you can build.



Magnesium Glycinate

This gentle form of magnesium relaxes muscles and calms the nervous system. Take 200–400mg 30–60 minutes before bed to support deep, restorative sleep.

3

BUCKET THREE

The REM Bucket

Early Morning · ~3 AM to Wake

What's happening in your body: REM sleep is your emotional processor and creative engine. Your brain replays the day, integrates emotions, and builds resilience. Your body temperature begins to rise naturally — just like the sun warming the earth. **This is your sleep switch turning off.** When it works, you wake feeling genuinely restored, not dragged out of bed.

● Pillar 1 · Environment

Design a Gentle Morning Emergence



Gradual Light Alarm



Morning Light First



Fresh Air on Waking

A sunrise alarm clock mimics the natural light rise your body evolved to wake with. It gently pulls you from REM instead of shocking you awake with a jarring sound.

Within 30 minutes of waking, get 5–10 minutes of natural sunlight. This anchors your circadian clock and automatically sets up tomorrow night's sleep.

Open a window or step outside briefly. Fresh air and a slight temperature change help complete the natural warming signal that closes your REM window cleanly.

● Pillar 2 · Mindset

Begin the Day from a Place of Love



One Minute of Stillness

Before reaching for your phone, lie still for 60 seconds. Notice how you feel. This is you checking in with yourself — the most important relationship you have.



Morning Intention Setting

Ask yourself: "How do I want to feel today?" One word is enough. Anchoring your day with intention before the world rushes in is a radical act of self-care.



Honor Your Sleep

Acknowledge what your body did overnight — it healed, repaired, and restored you. You didn't just sleep. You invested in yourself. That deserves recognition.

● Pillar 3 · Behaviors

Start Your Day with Body Kindness



Hydrate Before Coffee

Drink 16 oz of water before your first coffee. Your body is mildly dehydrated after 7–8 hours without water. Hydration first supports healthy cortisol balance.



Gentle Morning Movement

A walk, light stretching, or WeShape's morning routine. Gentle movement — not punishment — signals safety and vitality to your nervous system.



No Alarm Snoozing

Snoozing fragments REM sleep and triggers a cortisol spike. Set one alarm and rise. Your body will adjust within a week and begin waking naturally before it rings.



A Note from Dr. Tara & the WeShape Team

You are not bad at sleep. You are not broken. You are a human being who was never given a recipe. Start with one bucket. Choose one pillar. Give yourself grace on the nights it doesn't go perfectly — because those nights are part of

the recipe too. Sleep is not a performance. It is an act of love toward yourself. And you deserve every minute of it.

Your Sleep Recipe at a Glance

Bucket	Time of Night	Primary Goal	Environment	Mindset	Behaviors
1 · Bedtime	1–2 hrs before bed	Flip the sleep switch	Dim lights Warm bath	Gratitude Brain dump	No phone Herbal tea
2 · Deep Sleep	Sleep onset → ~3 AM	Heal & restore at cellular level	Cool surface Darkness	Body scan Self-compassion	4-7-8 breath Consistent bedtime
3 · REM	~3 AM → wake time	Process emotions; emerge restored	Sunrise alarm Morning light	Stillness Intention	Hydrate first Gentle movement

The Foundation of Every Great Sleep Recipe: Your Mattress



Geli Sleep was engineered specifically to support the Environment Pillar in Buckets 2 and 3 — keeping your body in the precise thermal zone required for deep sleep and natural REM emergence. It is the only mattress built from the inside out around sleep science, not just comfort. Learn more at gelisleep.com and explore the WeShape movement community at weshape.com.

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