

Sleep Restoration Protocol

Professional Wellness Resource

By Dr. Sidra Bukhari, MRCPsych

ThriveMidlife Wellness Program

Introduction

This comprehensive guide provides evidence-based strategies for supporting your wellness journey during midlife transitions. Each section includes practical exercises and expert guidance.

What You'll Find Inside:

- Sleep optimization techniques and evidence-based strategies
- Bedroom environment setup for hormone-sensitive sleep
- Relaxation and breathing techniques for better rest
- Natural sleep aids that support hormonal health
- Sleep tracking tools and troubleshooting guides
- Emergency sleep rescue protocols for difficult nights

Professional Support

This resource is part of the ThriveMidlife wellness program, designed by Dr. Sidra Bukhari to support women through perimenopause and midlife transitions with evidence-based strategies for mental, physical, and emotional well-being.

For additional support and personalized guidance, visit [ThriveMidlife.com](https://thrivemidlife.com) or contact coaching@thrivemidlife.com

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