

ASP Neuroplastic Wind-Down Protocol

Session Tags

| BDNF+ | REM+ | NEURO+ | PARA+ | COORD+ | ROT+

Evening Protocol (30-60 minutes before bed)

1. Cognitive-Motor Integration (Primary Stimulus)

- Choose ONE neuroplastic task (5-15 min max):

☐ Juggling (3-ball, rhythmic)

☐ Instrument Practice

☐ Drawing / Sketching

☐ Chess Puzzles (calm only)

Reflection:

What did I notice about my coordination, pacing, or focus?

2. Breath Regulation (Parasympathetic Overlay)

- 3-5 min box breathing or 4-7-8 breathing

- Option: pair with lavender or chamomile hydrosol

Respiratory Notes:

3. Cacao + Neuro-Support (Optional Enhancer)

- Taken 45-60 min prior:

☐ Cacao

☐ Lion's Mane

☐ Magnesium glycinate

Mood/Perception Shift:

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4. Environment

- ☐ Low light
- ☐ No music or low-BPM ambient
- ☐ Journaling or short reflection

Tracking Fields

Task Performed: _____

Duration: _____ min

BDNF Activation?: ☐ High ☐ Medium ☐ Low

Stress Downshift?: ☐ Yes ☐ Partial ☐ No

Sleep Expectation: ☐ REM+ ☐ Calm ☐ Unclear