

COMPANION NOTES — READ IN DAYLIGHT

Sleep Protocol Workbook

Read this during the day, not tonight — the notes and practice tips behind the shutdown sequence.

STONEMINDCEO

Before You Begin

This is the companion workbook for the Sleep Protocol — a repeatable session that trains you to shut down your mind on command so your body can actually recover. Watch the full guided protocol first; use these pages afterward, during the day, to reinforce the cues.

In This Session, You'll Build

- A 4-7-8 breathing downshift
- The “Not Now” thought-labeling cue
- A full-body release sequence for deep sleep

Watch the Full Protocol

The complete 20–25 minute guided session is on YouTube now. Subscribe to StoneMindCEO and add it to your nightly wind-down playlist so the shutdown sequence becomes automatic.

■ youtube.com/@StoneMindCEO

The Core Cues

This page is deliberately for daytime reading. The session itself is where you practice — this is just the reference.

Not Now

The one response to every thought that shows up at night. Not never — just not now.

The Tomorrow Tray

A tray labeled Tomorrow. Every open loop gets placed in it, not solved. Tomorrow gets the problem-solving; tonight gets recovery.

The Operator Identity

"I can shut down on command. I recover deeply. Tomorrow gets my best." Sleep as a trained skill, not a coin flip.

The 4-7-8 Breathing

In for four, hold for seven, out for eight — three rounds. Shorten the hold if it's uncomfortable; the slow exhale is what matters most.

How to use this workbook

There's no checklist or action list for tonight, on purpose — the goal is to do less, not more. The only thing worth practicing in daylight is noticing, during the day, when you're carrying an open loop you could place in the Tomorrow Tray instead.

Daytime Reflection (not a bedtime task)

One thing I tend to carry into bed with me at night:

What placing it in the Tomorrow Tray would actually look like:

A gentle reminder, not a checklist

- ☐ This protocol works through repetition, the same as any trained skill — some nights it'll work faster than others, and that's expected, not a failure.

21-Night Shutdown Tracker

Mark a box for every night you run the protocol — whether or not you notice it working right away. Consistency is what trains it, not any single night's result.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
☐	☐	☐	☐	☐	☐	☐
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
☐	☐	☐	☐	☐	☐	☐
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
☐	☐	☐	☐	☐	☐	☐

Reminder: this tracker exists to build the habit of returning to the protocol, not to measure how fast you fell asleep. Some nights will be slower. That's normal, not a sign it isn't working.