



APCO International's

9-1-1 Wellness Summit

March 2-3, 2025 | Portland, OR



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Reconnecting the Mind & Body to Optimize Sleep

**A Journey Through Eastern and Western Strategies for
Healing**

Sara Brady and Arielle Schmidt



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The information presented in this presentation is for **educational purposes only** and is **not intended as medical advice**. While we are **Health Practitioners**, we are **not your practitioner**, and this information **does not establish a practitioner-client relationship**.

This content is designed to provide general wellness insights and should not be used as a substitute for professional medical care. Always consult with a qualified healthcare provider before making any changes to your health, diet, or lifestyle.



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- Former Corrections officer
South Dakota & Ohio
- 500 Hour Yoga Teacher
- Lifelong student of holistic
practices
- Owner of Tranquility
Rising® Thai Yoga
Therapy Cincinnati, Ohio
- NARM® Informed
Professional



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- “Retired” Dispatcher from a consolidated PSAP that served over 120 Police, Fire, and EMS agencies and answered 911 calls for the majority of the county.
- Therapist turned Juvenile Probation officer turned Functional Wellness Consultant - Speaker/Trainer
- Functional Health Practitioner - specializing in trauma and gut health
- Grace Giver
- Trauma Survivor - official diagnosis 2014
- Cat and pup mama - obviously they are better than human



Reconnecting the Mind and
Body to Optimize Sleep

Agenda

WHO WE ARE

FRAMEWORK FOR HEALING JOURNEY

BIOLOGY OF SLEEP

SLEEP IMPACTS

LET'S GET MOVING

RECONNECTING TO OUR BODY

RESOURCES AND STRATEGIES

FOUNDATIONAL HEALTH: WHERE TO START

Pillars of Healing

Somatic

Regulated nervous system releases stored trauma and moves energy through us

Cellular

Physical health - chronic illness or optimal function

Beliefs

Patterns of thoughts and behaviors. Perception of reality and the conditioning in us

CONSISTENCY = TRUST = SAFETY



NUTRITION



MOVEMENT

BIOLOGY



SLEEP

STRESS

NERVOUS
SYSTEM
REGULATION

MIND BODY
CONNECTION

SOMATICS

EMBODIED
AWARENESS

ENERGY
RELEASE



FOUNDATIONAL PHYSICAL HEALTH

CONVENTIONAL MEDICINE

Focuses on symptoms.

The check engine light came on.

Put duck tape over it. (Medication)

FUNCTIONAL HEALTH

Explore root causes.

Recognize check engine light came on because the car needs oil

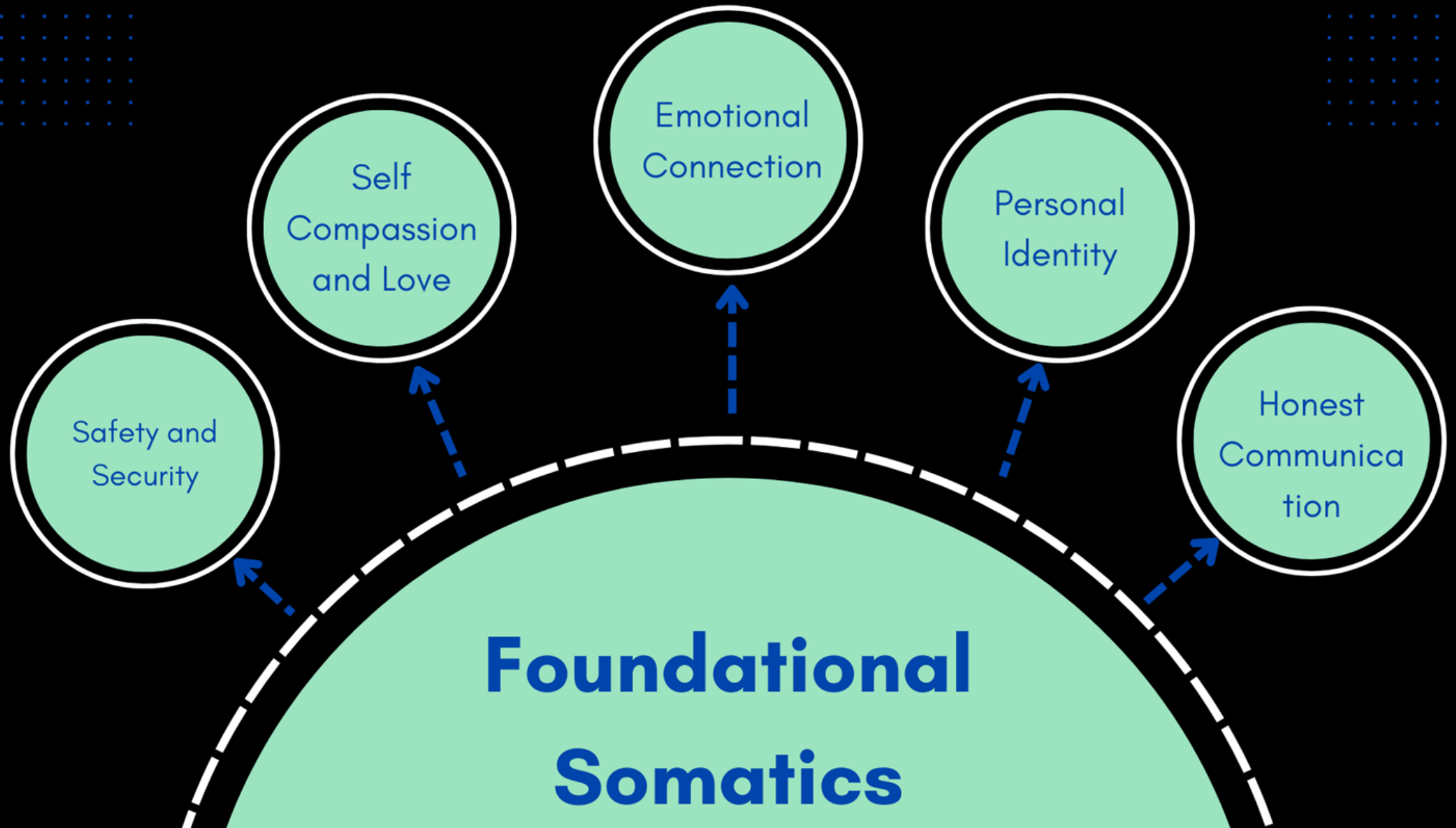
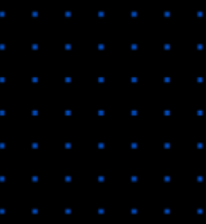
Puts oil in the car (supplements)

FOUNDATIONAL HEALTH-

Takes into account the WHOLE person

Took the car to the mechanic and fixed the oil leak

Fixed the problem, and prevents it from happening in the future



Foundational Somatics

Pillars of Sleep

A diagram titled "Pillars of Sleep" showing three pillars. The first pillar is blue and labeled "Falling Asleep". The second pillar is light green and labeled "Staying Asleep". The third pillar is blue and labeled "Waking up Feeling Rested". Blue zigzag lines connect the pillars to the title and to each other, suggesting a continuous process.

Falling
Asleep

Staying
Asleep

Waking up
Feeling
Rested

SLEEP STAGES

90-120 MINUTE CYCLES THAT REPEAT 4-6 TIMES PER NIGHT



AWARENESS 1-5 MINS

- Transition stage
- Brain, Heart, Breathing slows down
- Sets the stage for deeper sleep



DISCONNECT 10-25 MINS

- Brain waves slow
- Temperature drops
- Memory processing and nervous system regulation



RESTORATION 20-40 MINS

- Lowest brain wave activity
- Difficult to wake up
- Physical recovery, Brain detox occurs
- **MOST RESTORATIVE SLEEP**



DREAM SLEEP 10 + MINS

- First cycle lasts 10 mins, increases with every cycle
- Brain waves speed up
- Muscles paralyzed
- Consolidate memory, regulate emotions, optimize brain

EARLY NIGHT = MORE DEEP SLEEP = FOCUS ON PHYSICAL RECOVERY

LATER NIGHT = MORE REM SLEEP = FOCUS ON BRAIN, MEMORY, EMOTION

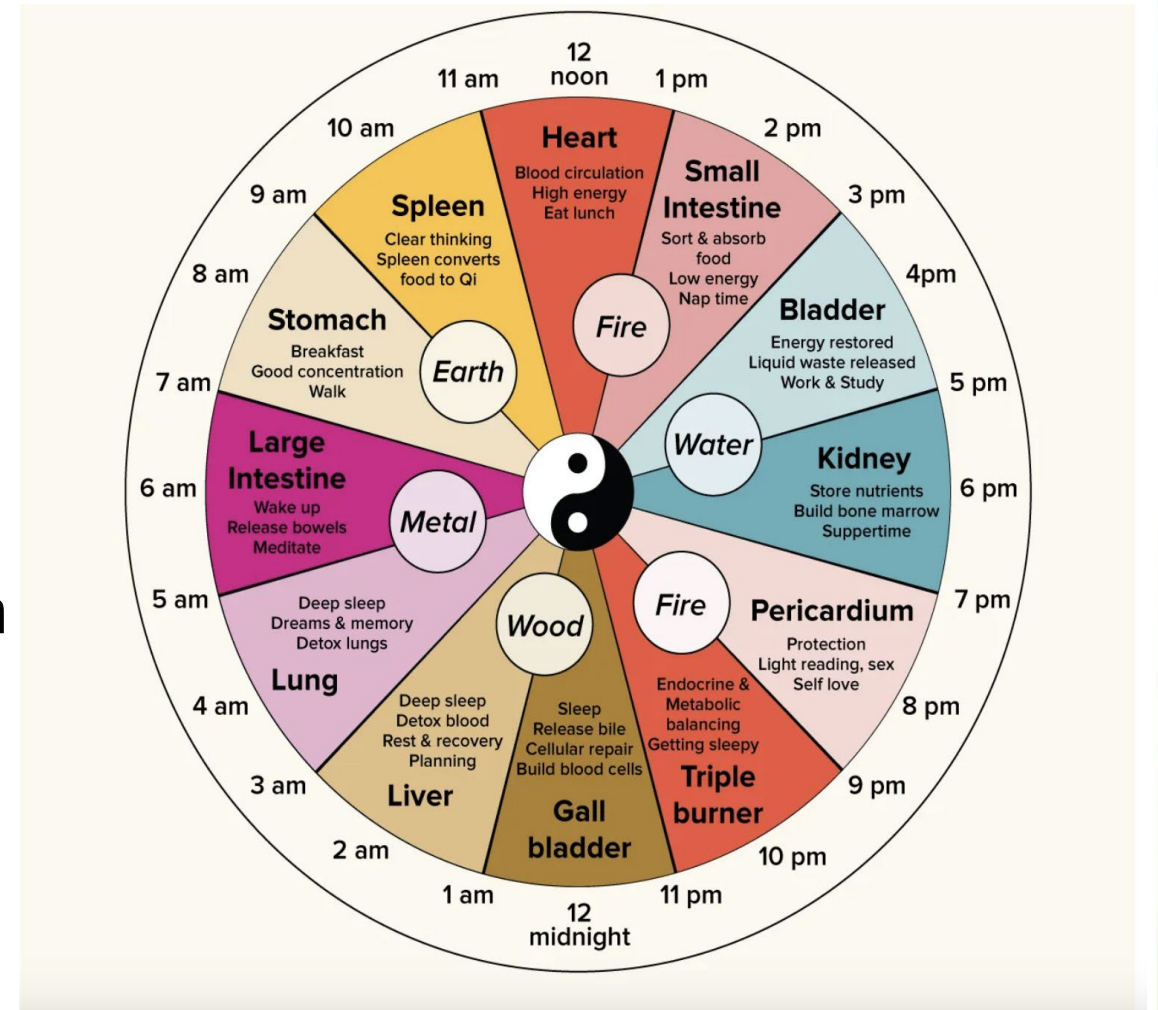


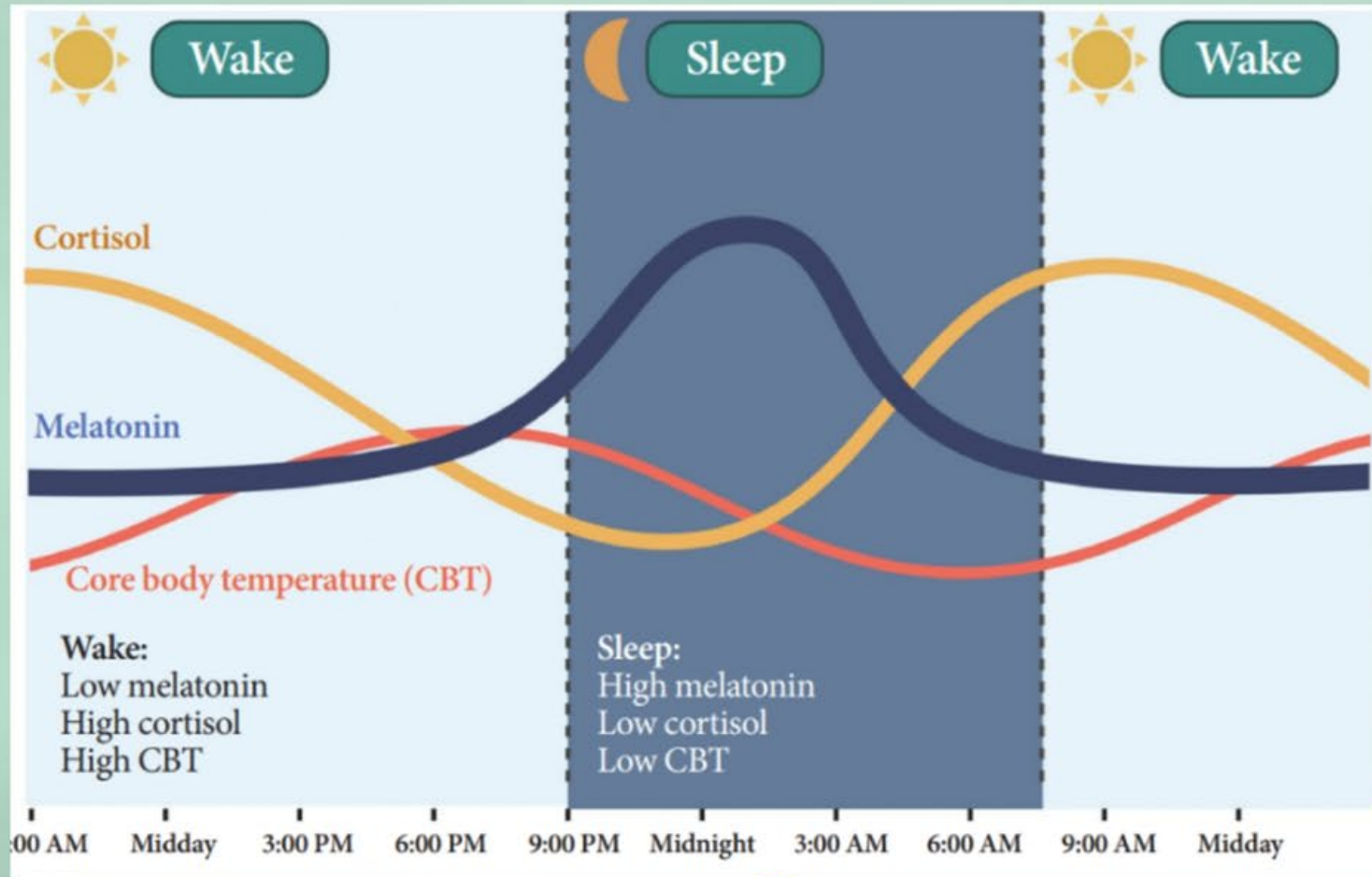
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The meridian clock is a concept rooted in Traditional Chinese Medicine (TCM) that maps the flow of energy (Qi) through the body's 12 primary meridians over a 24-hour cycle. Each meridian is associated with specific organs, emotions, and functions, with energy peaking at a two-hour interval for each. This natural rhythm aligns with the body's circadian clock and provides insight into how organ health affects overall well-being.





10PM-6AM

- Deep sleep → Cellular repair, hormone regulation, and memory consolidation.
- Best time for recovery and rejuvenation.

6PM-10PM

- Melatonin production starts → Prepares body for rest.
- Limit blue light exposure, engage in relaxation activities.

6AM-10AM

- Cortisol peaks → Increased alertness, energy, and metabolism.
- Best time for movement, light exposure, and productivity.

10AM-2PM

- High alertness & peak digestion.
- Best time for focus-intensive tasks.

2PM-4PM

Natural energy dip → Ideal time for a short break, NSDR, or a power nap.



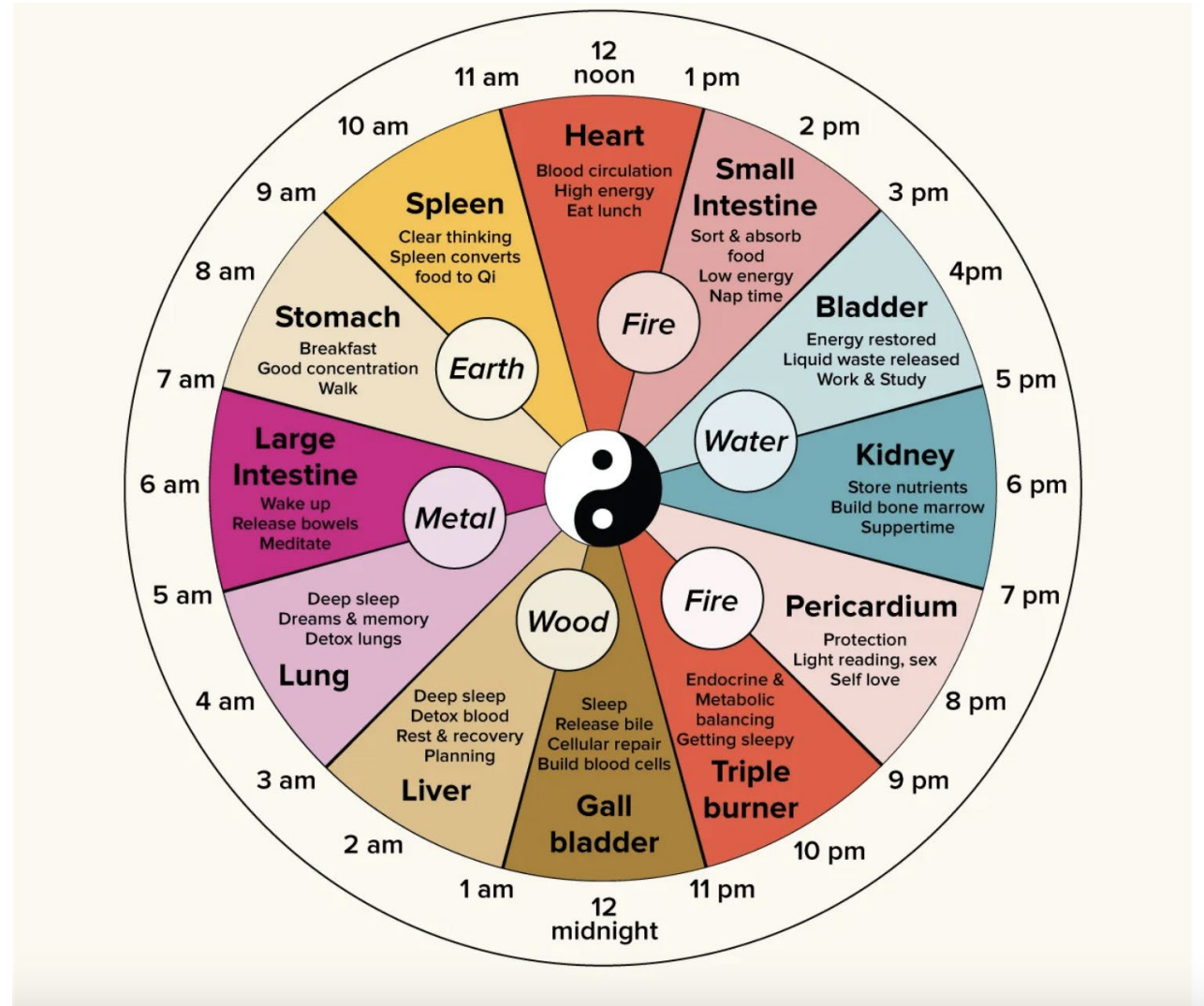
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Key Phases of the Meridian Clock

- **3 AM–5 AM: Lung Meridian**
Associated with breath and emotional clarity. Often linked to grief or waking early due to unresolved emotional stress.
- **5 AM–7 AM: Large Intestine Meridian**
Supports detoxification and elimination. Ideal for morning routines and bowel movement support.
- **9 PM–11 PM: Triple Burner (Endocrine) Meridian**
Transition to rest and repair; balances hormones and prepares the body for restorative sleep



SLEEP HYGIENE 101

CONSISTENT
SLEEP
SCHEDULE

COLD DARK
ROOM!!

EARLY
MORNING
LATE EVENING
SUN

LIMIT SCREEN
TIME BEFORE
BED

AVOID LATE
NIGHT
SNACKING

SURVIVING NIGHT SHIFT

CONSISTENT SLEEP SCHEDULE

- **EVEN ON OFF DAYS**

FOCUS ON SLEEP HYGIENE

- BLACK OUT CURTAINS
- WHITE NOISE
- COLD ROOM

STRATEGIC LIGHT EXPOSURE

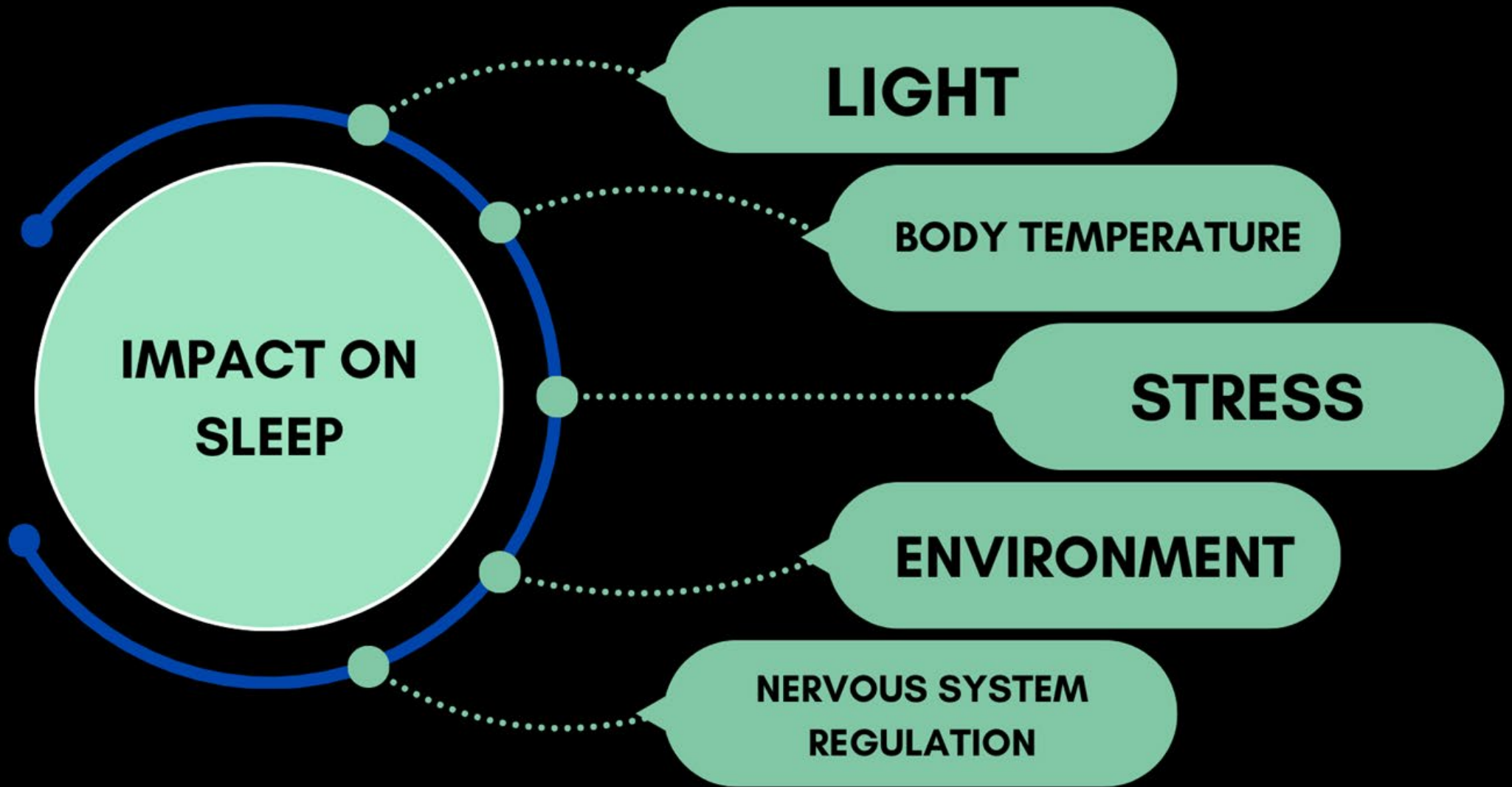
- LIMIT MORNING LIGHT EXPOSURE BEFORE SLEEP

NUTRITION MATTERS

- FOOD WILL EITHER NURISH OR CREATE STRESS

INTENTIONAL MOVEMENT

- MOVEMENT UPON WAKING TO STIMULATE CORTISOL AWAKENING RESPONSE



LIGHT

BODY TEMPERATURE

STRESS

ENVIRONMENT

**NERVOUS SYSTEM
REGULATION**

**IMPACT ON
SLEEP**

STRESS OR TRAUMA?

TRAUMA

ANYTHING that overwhelms the system: Too much too fast, Too little for too long, the right thing at the wrong time

STRESS

ANY influence internal or external, real or perceived that causes or leads to malfunction

SAFETY



SUPPORT



EXPANSION



Chronic Stress Cascade

STRESSORS



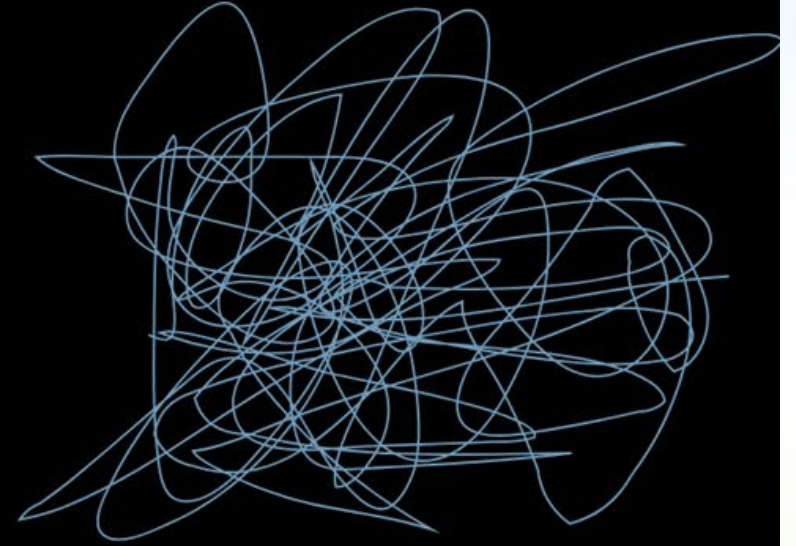
if not addressed

cascade into

disorder

causing serious
dysfunction

LEADING TO



**METABOLIC
CHAOS**



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Progression of HPA Axis Dysfunction & Cortisol Dysregulation



Common Progression w/ Chronic Stress →

STRESS OR TRAUMA? NOW WHAT

TRAUMA

FELT SENSE OF SAFETY
TIME
ENERGY

STRESS

FELT SENSE OF SUPPORT
RESOURCES

SAFETY



SUPPORT



EXPANSION

MOVING THROUGH THE PROCESS

EXPANDS CAPACITY



BUILDS RESILIENCE

INCREASING VITALITY



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Delsarte Movement

🌀 **Developed by François Delsarte (19th Century)**, this movement system explores the deep link between **emotion and physical expression**.

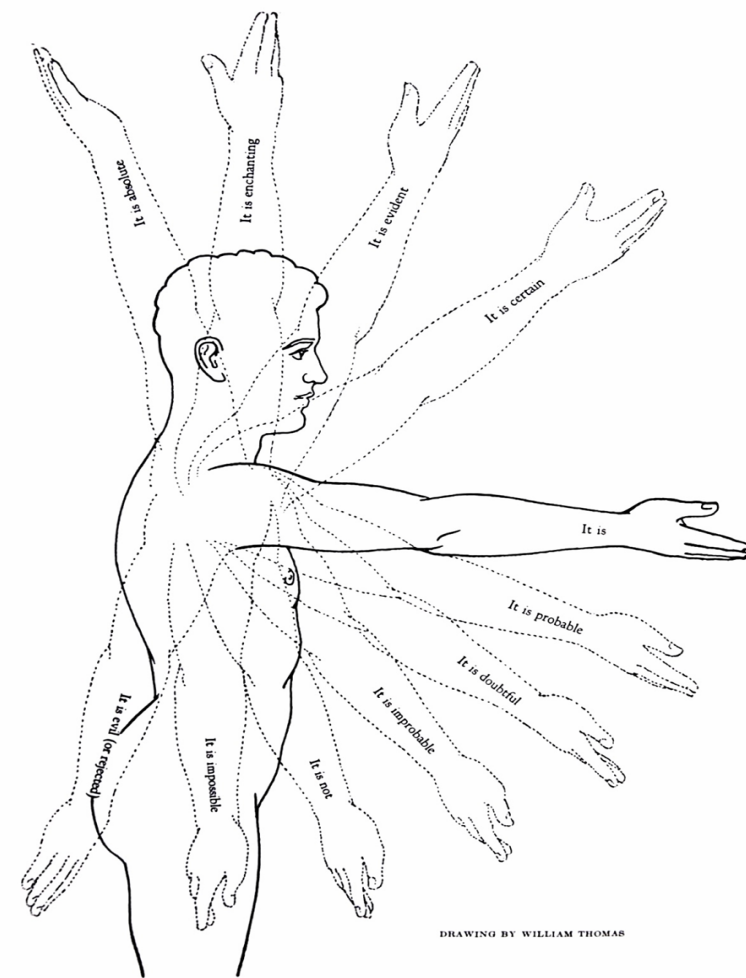
🌟 **Key Principles:**

- Emotions shape **posture, gestures, and movement** 🧑 🧑
- Physical expression **reveals internal states** 🧠 ➡ 💡
- Intentional movement **releases tension & enhances body awareness**

🧑 🧑 **Benefits of Delsarte Techniques:**

- ✅ Reduces stress by releasing stored emotional tension
- ✅ Encourages mindful movement for deeper self-connection
- ✅ Enhances emotional regulation & overall well-being

🔹 **By aligning movement with emotion, Delsarte fosters balance, awareness, and harmony within the body.**



THE DEGREES OF AFFIRMATION

Space/Wood

Zone Five Goal - Clear Expression & Truthfulness

- Connected to how we communicate
- Noticing when we have taken on too much
- Organizing our dream, vision, & path to our future

Fire

Zone Three Goal - Personal Identity

- Connected to self
- Understanding what sparks you
- Knowing your purpose
- Confident & Good Self Esteem

Water

Zone Two Goal - Emotional Connection

- Connected to our emotions
- Connected to how our emotions feel within the body.
- Balancing components of our life
- Expression of emotions

Earth

Zone One Goal - Safety & Security

- Connected to our own needs
- Clear boundaries
- Maintaining a good schedule
- Noticing our addictions/cravings
- Finding Satisfaction

Air/Metal

Zone Four Goal - Compassionate & Loving

- Ability for self -acceptance, surrender, & forgiveness
- Noticing patterns of people pleasing, perfectionism, control
- Allowing compassion for negative views on self and others





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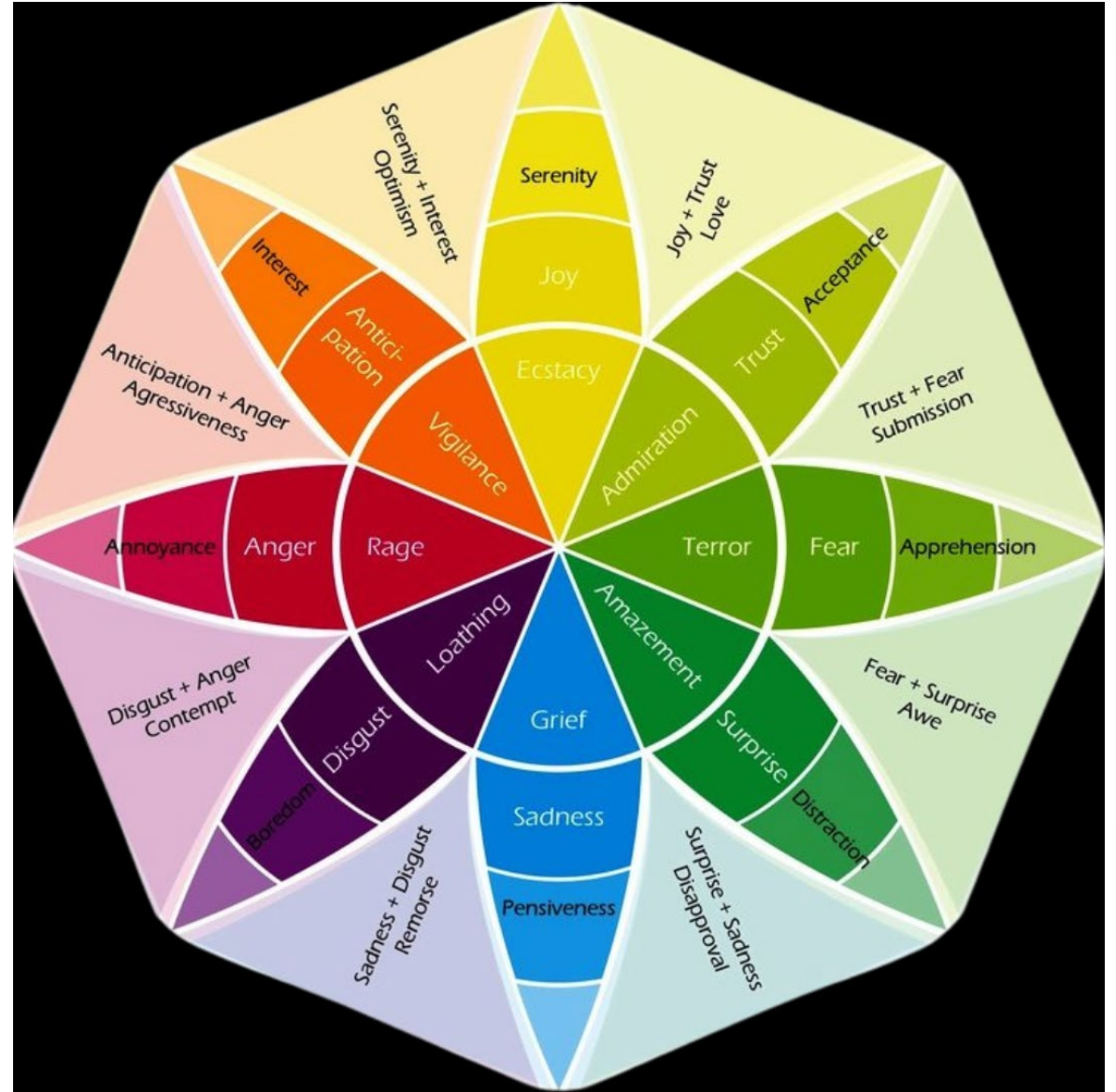
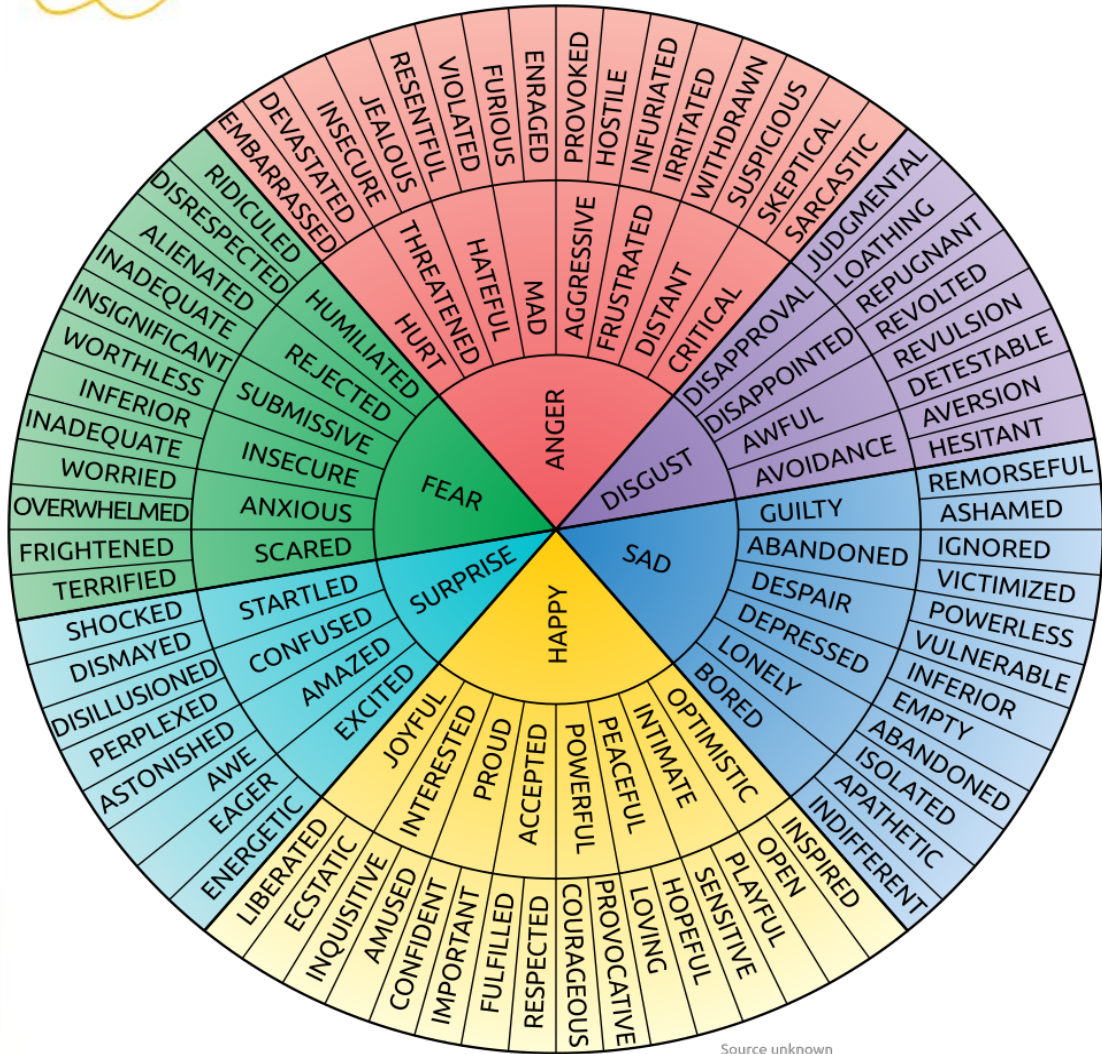
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Three Part Lung Breath

Belly Breath

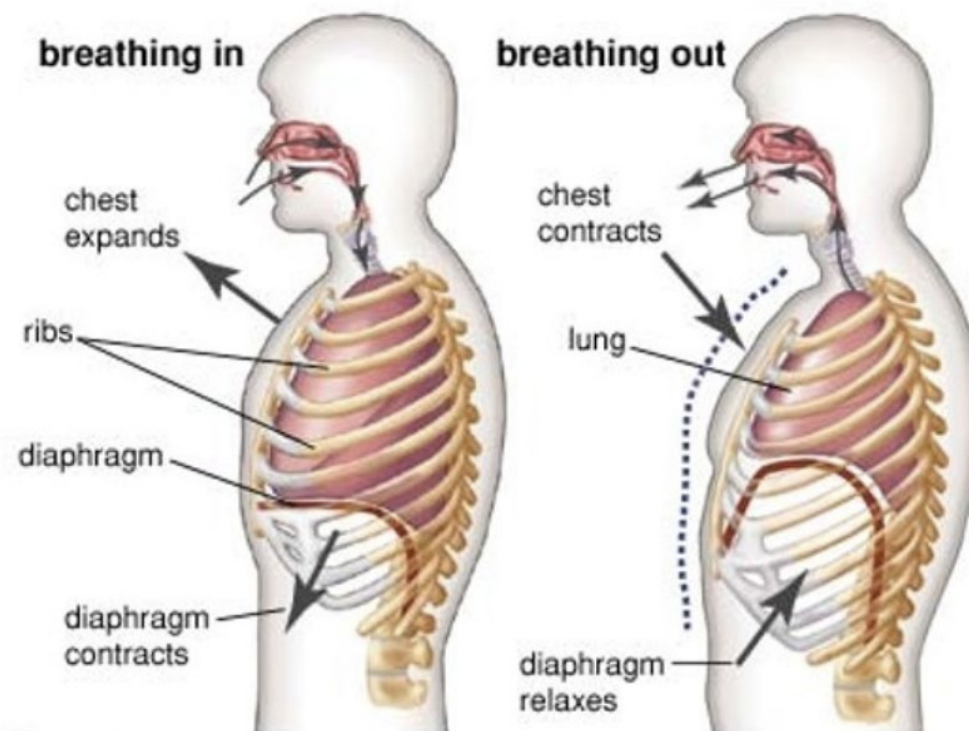
- Place one hand on your belly.
- Inhale deeply through your nose, allowing your belly to expand like a balloon.
- Exhale fully, drawing your belly button toward your spine.

Ribcage Breath

- Place your hands on the sides of your ribcage.
- Inhale through your nose, feeling your ribs expand outward and upward.
- Exhale, letting your ribs gently contract back.

Chest Breath

- Place one hand on your upper chest.
- Inhale deeply, letting your chest rise toward your collarbones.
- Exhale, allowing your chest to lower.



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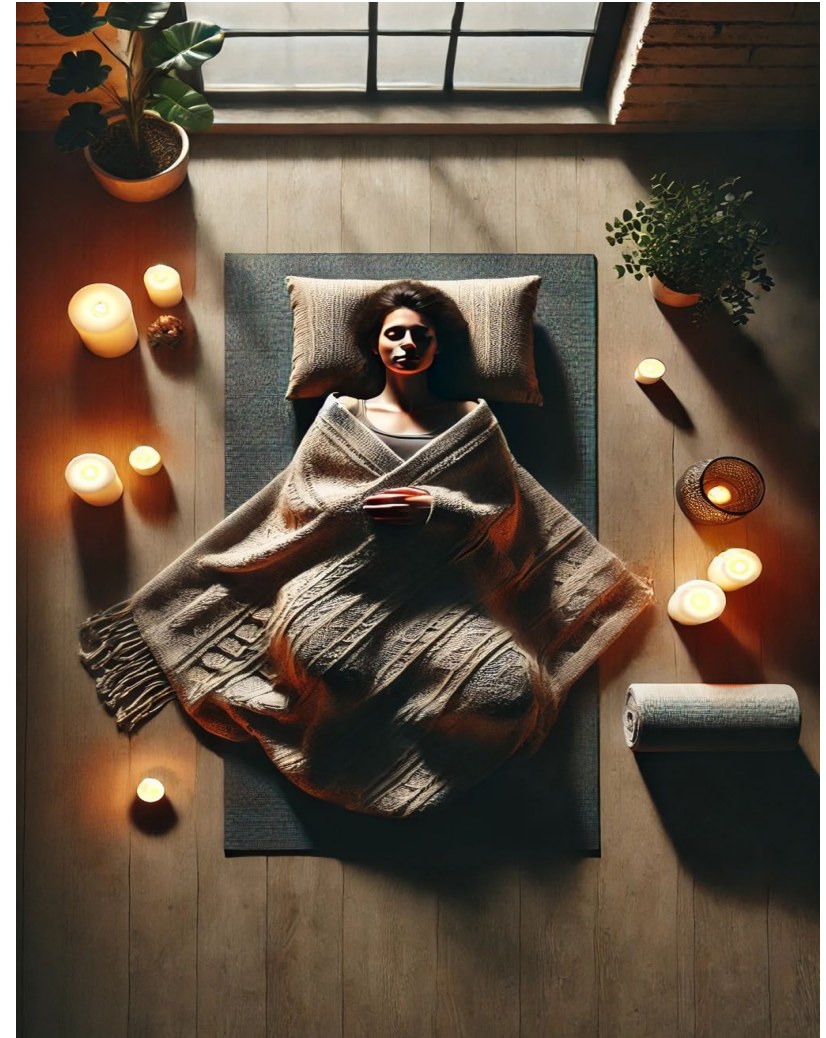
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Yoga Nidra

Yoga Nidra systematically moves your brain through different states, shifting from **beta (thinking)** → **alpha (relaxation)** → **theta (dreamlike state)** → **delta (deep rest, near sleep)**.

A typical **Yoga Nidra session (20-45 minutes)** includes:

1. **Settling In** – Lying down, closing eyes, slowing breathing.
2. **Setting an Intention (Sankalpa)** – A personal goal or affirmation.
3. **Body Scan** – Bringing awareness to different body parts.
4. **Breath Awareness** – Slow, rhythmic breathing to calm the nervous system.
5. **Visualization & Sensory Exploration** – Guided imagery to deepen relaxation.
6. **Return to Wakefulness** – Slowly coming back to full awareness.





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Benefits of Yoga Nidra

- ✓ **Deep Stress Relief** – Reduces **cortisol** and **nervous system overactivity**.
- ✓ **Better Sleep** – Helps with **insomnia** and **resetting circadian rhythms**.
- ✓ **Boosts Brain Function** – Enhances **memory, focus, and neuroplasticity**.
- ✓ **Supports Emotional Healing** – Helps process trauma and emotional stress.
- ✓ **Regenerates the Body** – Triggers deep **parasympathetic nervous system activation** (rest-and-digest mode).



FINAL THOUGHTS:

The easy stuff: Taking supplements, sauna, lab testing, wearing health trackers

The hard stuff: walking 10k steps, being in nature, eating consistently, not using your phone before bed, setting boundaries, connecting with people you love, staying hydrated, sobriety, believing in yourself

**HEALING: THE HARDEST WORK YOU WILL DO,
THE BEST CHOICE YOU WILL MAKE**



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WELLNESS TRAININGS
INDIVIDUALIZED TO
THE NEEDS OF YOU
AND YOUR AGENCY

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NEXT STEPS

01



FEEDBACK

SURVEY

BOOK A DISCOVERY

CALL WITH SARA

03



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