

TRANSFORM YOUR SLEEP

A Step-By-Step Guide to Revamping
Your Sleep, Your Energy, and Your Vitality

Your Logo Here

Are you sleep deprived?

If you're not getting at least **7** hours of sleep per night, you're not able to be your *best, healthiest, happiest self*.



Does any of this sound familiar?

You lay down, *exhausted*, at the end of the day, just to have your *racing mind keep you awake* as your partner snores gently beside you.

You *dread* that internal 2am wake up call because you know you'll be awake for at least the next hour.

You are *sick and tired of being... tired!* But you don't want to have to turn to prescription sleep aids.

You wake up every morning feeling just as *fatigued* as you did when your head hit the pillow the night before.

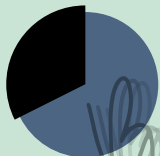
You find yourself not able to remember simple things throughout the day, and you often *just can't focus* on the task at hand

You're not alone...

1 in 3 Americans don't get enough sleep [1].

AND

4% of Americans rely on prescription sleep aids.



Are you ready to make a change?

I hope you are, because I'm ready to help you!
By the end of this book, you'll have the tools to...

♥ **Wake up feeling refreshed**

♥ **Fall asleep, and *stay asleep*, with ease**

♥ **Have the energy to *thrive* all day long**

♥ **Live your life in *optimal health***

♥ **Boost your *memory* and *concentration***

♥ **Reduce food cravings and *balance your blood sugar***

♥ **Smile *more* and yawn *less***

Let's do this!

About Me



Your customized "About" section here

A Customized Introduction to who you are and why you're offering this ebook.

- Who are you? What is your business?
- What's your origin story?
- Why do you do what you do?
- How do you help people today?
- Why are you offering this ebook?
- How can people find you?
- How do they know if they should take it a step further and book an appointment with you?

Why You Need to Get Enough Sleep

How much is enough sleep?

7 hours.

Studies show that getting 7 hours of sleep every night is the optimal amount of sleep for *minimizing your risk of cancer, stroke, and heart disease*. 7 hours of sleep also *maximizes your health and longevity* [3].

If you're not getting enough sleep...

Aside from just feeling sleepy all day, there are a lot of other reasons you should be getting enough sleep.

*Not getting enough sleep can lead to **chronic health conditions, mental health issues, hormone imbalances, and compromised brain and immune health.***

Chronic Illnesses

- Weight gain
- Autoimmune diseases
- Asthma
- Irritable Bowel Syndrome (IBS)
- Rheumatoid Arthritis
- Lupus.
- Heart Disease
- Hypertension
- Kidney Disease
- Diabetes
- Obesity
- Stroke

Mental Health

Shorter Fuse - If you're sleep deprived, you're overall more reactive to triggering events.[4]

- Are you feeling anxious about that work meeting? *That anxiety will be amplified when paired with a lack of sleep.*
- Starting to feel stressed about getting the whole family packed up for your vacation this weekend? *A lack of sleep will have you feeling even more stressed every time you look at those empty suitcases.*
- Someone cut you off in traffic? *You'll have a harder time letting it go if you haven't gotten enough sleep.*

In the long term, these changes in your mental health can lead to anxiety, depression, and even suicide.[5]

Immune Function

If you're not getting enough sleep, you're **3-5x more likely to get sick** when exposed to a virus like the common cold or flu! [11]

Brain Health

Even just 90 minutes of sleep deprivation can *reduce your alertness* by a third.

Driving while sleep deprived is the same as driving drunk!
... And you're *3X more likely to get into a crash* if you're drowsy driving. [9]

Sleeping 6 hours per night for 10 nights straight is the same as not sleeping for 2 days!! [10]

This means you have *decreased alertness, impaired memory, less ability to focus, and a decreased potential to learn new things.*

Hormone Health

Women



Men

- More severe symptoms of menopause
- Increased Cortisol
 - "The stress hormone"
 - Leads to lower libido and decreased fertility
- Increased Ghrelin
 - "The hunger hormone" [7] [8]

- Decreased testosterone
- Lower libido
- Increased Erectile Dysfunction
- Increased Cortisol
 - "The stress hormone"
- Increased Ghrelin
 - "The hunger hormone" [6]

Yikes! Are you convinced yet that you need to make a change?
But where to start??

The answer is easy... *One week at a time.*

Here's the plan...

Every week, for 8 weeks, I'm going to give you some options. I'll explain to you...

- 2-3 Bedtime Habits
- 1 Daytime Habit
- 1-2 Food or Supplement Habits

All of these habits can greatly impact your sleep *quantity* as well as your sleep *quality*.

Each week, you'll select TWO changes to commit to and implement into your routines. The following week, you'll *add* to the previous weeks' habit changes.

By the end of the 8 weeks, you'll have transformed your sleep habits!

It's important to note that our bodies are adaptable, but they may take time to adapt! That's why we take this one week at a time. You cannot implement these habits for two nights and then decide that they don't work. *Doing something for two nights doesn't make it a habit!*

It's also important not to try to make all of these changes at once. You'll likely burn out and quickly revert back to your old routines. Take it one week at a time and make lasting changes that will change your life.

Days 1-3

Before we get started, you need to take a look at what your sleep habits currently are.

So for the first 3 days, I want you to just observe and become aware of your current habits. Later, we'll assess how these habits may be impacting your sleep.

This will also help to give you an honest comparison of your "before" sleep when we get to the end of your 8 weeks of sleep transformation!

For 3 days in a row, answer these questions after you wake up in the morning.

Find a safe place to write down your answers. Either in a journal, in a note on your phone, or wherever makes sense for you!

- What time did you go to bed?
- What time did you wake up? Was it naturally or from an alarm?
- How many times did you wake up in the middle of the night? How easily were you able to fall back asleep?
- What were you doing in the 2 hours before bed?
Eating, drinking, reading, watching TV, etc.

Week 1

Now that you have a better idea of your sleep habits, it's time to start making some positive changes!

Let's take a look at some healthy sleep habits and how they will help you transform your sleep.

Healthy Sleep Habits

~ Bedtime Habits ~

- *Your bed = Sleeping Only!*

Part of developing healthy sleep habits is establishing healthy triggers for your body. You want your body to know, without a doubt, that when your head hits that pillow you're going to sleep... not watching a movie, not scrolling Instagram, and definitely not making tomorrow's to-do list.

- *No More Action Shows*

Your bedtime routines need to be calming... which means you don't want your heart to be racing shortly before you try to fall asleep! You can still watch that action show... just save it for earlier in the day.

- *Take a Hot Bath*

When you fall asleep, your core body temperature drops. So it isn't the hot bath that gets your body ready to sleep. It's getting out of the hot bath, and having your core body temperature drop that signals your body it's time for sleep! Do this 90 minutes before bed and you'll fall asleep more quickly. [12]

~ Daytime Habit ~

- *Sunlight in the AM*

To get quality sleep, you'll want to learn to work with your natural circadian rhythm, not against it. Part of that is letting your body know when it's daytime and when it's nighttime. In nature, the sun does that for you. Inside our houses and office buildings, though, our bodies can get a bit confused. Get out into the sun within 30 minutes of waking up to tell your body it's definitely daytime!

~ Food and Supplement Habit ~

- *Magnesium*

Half of Americans are deficient in magnesium. A lack of dietary intake may not be the only issue, either. When your body is stressed, it depletes the magnesium in your body to help manage that stress.

A lack of magnesium can greatly interfere with your sleep, as magnesium helps to regulate melatonin (the "go to sleep" hormone) in the body [13] [14]. Take some magnesium before bed and you'll fall asleep faster and sleep better.

My Healthy Sleep Habits

Now, pick TWO of the above Healthy Sleep Habits that speak to you. Write them down somewhere safe and commit to them for this week!

Week 1

Sleep Habit 1: _____

Sleep Habit 2: _____

Reflection:

How did it go? Did you stick to your commitment? Why or why not? Did you notice a difference in your sleep quality or quantity?

Week 2

How was your first week? Hopefully you're coming into Week 2 feeling more well-rested and less sleep deprived. But if not, *don't worry!*

This week, we have some more healthy changes for you that will get you saying, "Zzzzz."

Healthy Sleep Habits

~ Bedtime Habits ~

- *Eliminate Blue Light*

Blue light comes from any digital screen. Computers, TVs, phones, tablets, etc. It also comes from the sun. You want to avoid blue light exposure before bed. *Why?* Your body thinks all blue light is from the sun. So it thinks it's daytime when you're scrolling through Instagram before bed. Your body then stops producing melatonin! [15]

Some alternate solutions? Get blue light blocker glasses or download an app like F.Lux for your computer that blocks the blue light for you.

- *Go to Bed... Don't Pass Out on the Couch!*

When you take the conscious action to go to bed, that will become a trigger for your body that it is time to sleep... all night. And you won't wake up at 2am with a knot in your back.

- *Meditate*

Get your mind ready and relaxed for bed. Turn it off of "to do" list planning mode and into sleep mode. There are a number of meditation apps podcasts you can use that will guide you through simple bedtime meditations.

~ Daytime Habit ~

- *Morning Movement*

Getting in some morning exercise or yoga is yet another signal to your body that it's daytime! Help your body get back on its natural circadian schedule so that it knows when it's time to sleep, and when it's time to be alert.

~ Food and Supplement Habits ~

- *Lavender*

If you're after better quality sleep, sleeping in a lavender infused room increases your amount of deep sleep [16]. After the same amount of sleep, you'll wake up feeling more well rested and ready to start the day!

- *Caffeine*

Caffeine decreases both your sleep *quantity* and your sleep *quality* [17]. So if you're wanting to get more sleep, or get better sleep, avoid caffeine in the afternoon and evenings.

My Healthy Sleep Habits

Now, pick TWO of the above Healthy Sleep Habits that speak to you. Write them down somewhere safe and commit to them for this week!

Week 2

Sleep Habit 1: _____

Sleep Habit 2: _____

Reflection:

How did it go? Did you stick to your commitment? Why or why not? Did you notice a difference in your sleep quality or quantity?

Week 3

I hope the first two weeks have been going well for you, and you're starting to feel some positive changes from your new and improved sleep routines!

Let's keep going!

Healthy Sleep Habits

~ Bedtime Habits ~

- *Avoid Learning Before Bed*

Anything that is mentally stimulating will keep your mind awake [18]. If you have trouble falling asleep, try an easy fiction novel instead of that compelling documentary before bed.

- *Go to Bed When You're Tired*

Have you ever been so tired in the evening, pushed through, and gotten a second wind? That's exactly what you want to avoid! Your body will get confused if you don't go to bed when it's telling you to. You're telling it to stay awake... so it will.

- *Darken Your Room*

Keep your room as dark as possible. Melatonin production is best when it's dark. You don't want to confuse your body in any way, and have it thinking it's daytime when you're wanting to sleep. Keep the nightlight off, cover up any blinking lights from electronics, and make sure you keep your phone off!

~ Daytime Habit ~

- *Practice Earthing (or Grounding)*

Earthing simply means connecting with the earth. Get outside barefoot, go for a walk, or eat your lunch in the grass. If it's the middle of winter, there are grounding mats you can buy to stand, sit, or sleep on.

Why would you do this? Grounding decreases cortisol levels in the body [19], which is exactly what you need in the afternoon and evenings to build the melatonin that gets you ready to sleep.

~ Food and Supplement Habit ~

- *Avoid Eating Before Bed*

Evening snacks cause sleep disturbances [20]. It takes your body time to digest its food. If you're having a snack just before bed, your body will be working to digest this food rather than getting you to sleep.

It also goes against your body's natural circadian rhythm of only eating when it's light out. Have a snack after dark, and you could be telling your body that it's daytime.

My Healthy Sleep Habits

Now, pick TWO of the above Healthy Sleep Habits that speak to you. Write them down somewhere safe and commit to them for this week!

Week 3

Sleep Habit 1: _____

Sleep Habit 2: _____

Reflection:

How did it go? Did you stick to your commitment? Why or why not? Did you notice a difference in your sleep quality or quantity?

Week 4

Have you ever heard that it takes 21 days to establish a new habit? Well, with Week 1's habits, you're there! Hopefully they feel like a natural part of your daily routines by now and things are getting easier.

Want to know what else you can do? Read on!

Healthy Sleep Habits

~ Bedtime Habits ~

- *Journal Before Bed*

This is a form of "brain emptying". If you find your mind racing as you go to lay down at night, write it all out. Your mind will relax, knowing you don't need to remember it all, and you will fall asleep more easily.

- *Move Bedtime Earlier by 10 Minutes Every Night*

As we've discussed, the key to better sleep is in establishing new sleep habits. If you're not getting 7 hours of sleep every night before your alarm goes off, you'll want to start going to bed earlier.

But if you go from the habit of bedtime at 11:30pm to trying to fall asleep at 10:00 all in one day, you're likely to find yourself staring at the ceiling for a while. Incrementally move your bedtime every night until you get to your "goal" bedtime.

~ Daytime Habit ~

- *Natural Light Throughout the Day*

Head out on a quick walk periodically throughout the day, eat lunch outside, or even sit near a window with natural light. Remind your body of when it's daytime, and reset your circadian rhythm. If you do, you'll get better quality sleep at night [21].

~ Food and Supplement Habits ~

- *Tart Cherry Juice*

Drinking tart cherry juice increases your melatonin levels, helps you sleep longer, and improves your sleep quality [22].

- *Prebiotics and Probiotics*

Do you have a healthy gut? 90% of our serotonin is produced in the gut. You need serotonin in order to produce melatonin! [23] Feed your healthy gut bacteria with prebiotics (like vegetables), and get more healthy gut bacteria with probiotics.

My Healthy Sleep Habits

Now, pick TWO of the above Healthy Sleep Habits that speak to you. Write them down somewhere safe and commit to them for this week!

Week 4

Sleep Habit 1: _____

Sleep Habit 2: _____

Reflection:

How did it go? Did you stick to your commitment? Why or why not? Did you notice a difference in your sleep quality or quantity?

Week 5

You're halfway there! I hope you're feeling more refreshed and energized throughout the day.

I still have a lot of tips and strategies to share with you, though. So let's keep going!

Healthy Sleep Habits

~ Bedtime Habits ~

- *Breathwork at Night*

Slow and focused breathing helps to slow down your heart rate, helps you to feel relaxed, and eliminates anxiety [24]. One technique is called "box breathing". Breathe in for five seconds, hold for five, breathe out for five, and hold for five. Repeat until you're feeling relaxed and ready for sleep.

- *Turn Off Your Devices*

Not only do phones and tablets emit the blue light that tells your body it's daytime, but they're also psychologically stimulating devices that keep you alert before bed.

- *Go to Bed at the Same Time... 7 Days a Week!*

Have you ever heard of "Social Jet Lag"? It refers to the effects on your body of staying up later and sleeping in on the weekends. Not only does it mess with your sleep schedule during the week, but even just a one hour difference leads you to being twice as likely to be overweight! [26]

~ Daytime Habit ~

- *Wake Up at the Same Time*

Same as above. Keep your body on the same schedule every day, and it'll better learn to predict when it's time to start winding down for sleep every night.

~ Food and Supplement Habits ~

- *Avoid Alcohol Before Bed*

Drinking alcohol before bed may help you to fall asleep, but you won't necessarily wake up feeling rested. You'll have less REM sleep, and you're more likely to have disrupted sleep in the second half of the night [27].

- *Chamomile*

Chamomile helps to improve the quality of your sleep every night [28]. If you don't like tea, you're in luck. You can easily find chamomile supplements in capsule form.

My Healthy Sleep Habits

Now, pick TWO of the above Healthy Sleep Habits that speak to you. Write them down somewhere safe and commit to them for this week!

Week 5

Sleep Habit 1: _____

Sleep Habit 2: _____

Reflection:

How did it go? Did you stick to your commitment? Why or why not? Did you notice a difference in your sleep quality or quantity?

Week 6

You should be *so proud* of yourself! You have made a lot of positive changes toward transforming your sleep.

Want to know what else you can do? Read on...

Healthy Sleep Habits

~ Bedtime Habits ~

- *Avoid Stressful Tasks In the Evening*

Mental stress increases cortisol in the body. Your body is supposed to produce cortisol in the morning to wake you up for the day. It then slowly decreases throughout the day, and melatonin is produced instead.

If you're creating cortisol late in the day, though, your melatonin production will be compromised and you'll have a harder time sleeping.

- *Nightlight in the Bathroom*

If you get up to go to the bathroom in the middle of the night and need to flip on the overhead light, this may signal to your body that it's time to wake up. Instead, keep a night light in your bathroom to help keep your body in "nighttime" mode.

~ Daytime Habit ~

- *Exercise*

In general, exercising during the day will help you to sleep longer at night and have better quality sleep [29]. Just be careful not to exercise too late in the day. Especially high intensity exercise can increase cortisol, which impacts your body's ability to create melatonin later in the day.

~ Food and Supplement Habits ~

- *Passionflower*

Usually consumed in a tea, passionflower is known to improve your sleep quality and have you waking up feeling more well-rested [30]. It seems to be especially effective if your sleep issues stem from anxiety.

- *Pistachios*

Pistachios are the most melatonin rich food you can find. Even eating two pistachios can increase the melatonin levels in your body... without the risks that come with additives and impurities that can come with supplements [31].

My Healthy Sleep Habits

Now, pick TWO of the above Healthy Sleep Habits that speak to you. Write them down somewhere safe and commit to them for this week!

Week 6

Sleep Habit 1: _____

Sleep Habit 2: _____

Reflection:

How did it go? Did you stick to your commitment? Why or why not? Did you notice a difference in your sleep quality or quantity?

Week 7

How are you feeling? I bet you are becoming a master of your own sleep habits!

Only two weeks and four changes left to do. Are you ready?

Healthy Sleep Habits

~ Bedtime Habits ~

- *Relaxation or Hypnosis Tapes*

Similar to meditating, taking the time to allow your body to relax and slow down your heart rate before you expect it to sleep will help you to relax your body and mind, and get you to sleep more quickly.

- *Cold Bedroom*

Your body temperature drops when you sleep. The temperature outside also drops in the evening, which is another trigger to your body that it's time to sleep. Keep your bedroom on the cooler side, and let your body know that it's time for sleep!

- *Set an Alarm for Your Bedtime Routines*

Instead of setting an alarm for when to wake up, try setting an alarm for when you want to start your bedtime routines. That way, you'll have time to fit in all of your new sleep-promoting habits without feeling rushed.

~ Daytime Habit ~

- *Breathwork Throughout the Day*

Breathwork can help calm anxieties and decrease cortisol throughout the day. Both of these effects can better help you to fall asleep at night.

~ Food and Supplement Habit ~

- *Foods High in Melatonin*

Yes, your body produces its own melatonin. But there are also foods that contain melatonin your body can use. In addition to pistachios that we talked about last week, you could also try oranges, pineapple juice, bananas, or fresh cranberries [33].

My Healthy Sleep Habits

Now, pick TWO of the above Healthy Sleep Habits that speak to you. Write them down somewhere safe and commit to them for this week!

Week 7

Sleep Habit 1: _____

Sleep Habit 2: _____

Reflection:

How did it go? Did you stick to your commitment? Why or why not? Did you notice a difference in your sleep quality or quantity?

Week 8

Welcome to your final week! You've almost made it, but I have a few more tips to share with you before we're done.

Healthy Sleep Habits

~ Bedtime Habits ~

- *Avoid all technology 1 hour before bed*

Between the blue light and the mental stimulation, if you're serious about transforming your sleep, you'll want to avoid all technology at least 1 hour before bed. Get a good book, or implement some of the other strategies we've talked about... take a hot bath, meditate, write in a journal, or sip on some chamomile tea.

- *Low Lights in the Evening*

Instead of reading your book at night with all the lights on, give your body signals that it's nighttime. Turn the lights low and have just a reading lamp on before bed.

~ Daytime Habit ~

- *Acupuncture*

Not a daily habit, but acupuncture could certainly become a lifestyle habit for you. It has been shown to improve subjective sleep quality when compared with placebo acupuncture [34].

~ Food and Supplement Habits ~

- *Kiwi*

If you eat 2 kiwifruits an hour before bed, and you're likely to fall asleep faster, wake up fewer times in the middle of the night, and sleep longer [35].

- *Zinc*

Zinc is a key mineral in the regulation of sleep [32]. Without enough of it, you'll have a hard time falling asleep and staying asleep. Either eat foods high in zinc or take a supplement.

My Healthy Sleep Habits

Now, pick TWO of the above Healthy Sleep Habits that speak to you. Write them down somewhere safe and commit to them for this week!

Week 8

Sleep Habit 1: _____

Sleep Habit 2: _____

Reflection:

How did it go? Did you stick to your commitment? Why or why not? Did you notice a difference in your sleep quality or quantity?

The Outcome

Take a look back at your first 3 days. How does your sleep look now? Has it improved?

I hope you're feeling alive and thriving! I hope you can fall asleep easily, sleep through the night, and wake up feeling refreshed and ready to take on the day.

Here's the good news... you've only implemented a fraction of the Healthy Sleep Habits discussed in this book. If you still feel like your sleep has room for improvement, go through this book again. Select new habits, and learn what works for *you!*

Remember those questions you asked yourself on Days 1-3? It's time to revisit them again. Think back on the last few nights and write down your answers.

After you do, compare your answers with your responses from Days 1-3 and look at how much you've *transformed!*

- What time did you go to bed?
- What time did you wake up? Was it naturally or from an alarm?
- How many times did you wake up in the middle of the night? How easily were you able to fall back asleep?
- What were you doing in the 2 hours before bed?
Eating, drinking, reading, watching TV, etc.

Final Thoughts

Personalized conclusion with links to your services and any other resources you'd like to share with the reader.

Resources

1. <https://www.cdc.gov/media/releases/2016/p0215-enough-sleep.html>
2. <https://www.cdc.gov/nchs/products/databriefs/db127.htm>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2647783/>
4. <http://thenaturopathic.co/natural-solutions-poor-sleep/>
5. <https://naturemed.org/faq/how-do-naturopathic-doctors-treat-insomnia-and-other-sleep-problems/>
6. <https://www.avogel.co.uk/health/sleep/what-does-sleep-deprivation-do-to-your-hormones/>
7. <https://www.beckhamcopywriting.com/post/high-cortisol-signs>
8. <https://www.bodylogicmd.com/for-women/insomnia-hormones-sleeplessness/>
9. <https://www.nsc.org/road-safety/safety-topics/fatigued-driving>
10. <https://pubmed.ncbi.nlm.nih.gov/12683469/>
11. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2629403/>
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24. <https://www.frontiersin.org/articles/10.3389/fnhum.2018.00353/full>
25. <https://pubmed.ncbi.nlm.nih.gov/27802500/>
26. <https://pubmed.ncbi.nlm.nih.gov/28743872/>
27. <https://onlinelibrary.wiley.com/doi/abs/10.1111/acer.12006>
28. <https://onlinelibrary.wiley.com/doi/abs/10.1111/jan.12836>
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30. <https://onlinelibrary.wiley.com/doi/abs/10.1002/ptr.3400>
31. <https://pubmed.ncbi.nlm.nih.gov/24878439/>
32. <https://www.mdpi.com/1422-0067/18/11/2334/htm>
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34. <https://www.sciencedirect.com/science/article/abs/pii/S0965229916300164>
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