



ADULT SLEEP Guide



Hey friend!

One of the most powerful medicines in the world is completely free and easily accessible. It can help us to reset, recharge, go offline, grow and repair. Its sleep. And yet so many adults don't feel they get enough sleep.

We all need differing lengths of sleep in order to function optimally. But it goes without saying that however many hours sleep we need on an individual level, we need that sleep to be good quality sleep, without distractions such as pesky technology.

In this free download I share 15 tried and tested techniques to help you achieve good quality sleep.

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What to expect

Once you start implementing small changes you'll begin to notice that you feel more grounded, centred and fresh which, brings extra energy into your day.

For the curious cats I'll explain each suggestion. You don't have to do all 15 and especially not all at once, find the techniques that work best for you and stick to those. It's about being consistent.

Plus read to the end for bonus tips and gift.

Sleep awaits



15 Sleep Tips



1

No mobile phone or technology 60 - 120 minutes before bed

You've probably heard this one before and it's so powerful. Screens give off blue light which makes our body feel more alert making it harder to settle for sleep.



2

Write a Gratitude list

This is a fantastic way to change your mindset, to help you feel more positive and ease your mind before bed. Some days are trickier than others to think of things we are feeling grateful for, start small and build your way up. Perhaps you do 3 and build up to 10 a day. Thinking them is great, writing is even better. Pen to paper!



3

Read something light & enjoyable

Try and read a physical book rather than something digital if possible. It makes it a sensory experience and helps you to relax your mind.



4

Get enough movement during the day

Whether that's a fun exercise class, standing every 60 minutes during work or going for a walk on your break, get moving during the day so you aren't restless at night.



15 Sleep Tips



5 Meditate

Known for calming the mind, this is a great activity before bed. Be warned meditation isn't easy and therefore not for everyone. There are some fantastic guided meditations on [Insight timer app](#). If you opt for a recording ensure this is the first part of your bedtime routine so you can be technology free before lights out.



6 Drink plenty of water throughout the day

So many people are dehydrated or drink diuretic fluids such as coffee, tea, fizzy drinks & alcohol which dehydrate you. If you're prone to needing to use the bathroom at night, drink most of your water in the earlier part of the day.



7 CBD- AKA Cannabidiol

This comes from hemp, it doesn't contain any THC (the compound that gets you high). It is fantastic for insomnia, calming your nerves, anxiety and chronic pain. Ensure you buy good quality CBD with few ingredients - [check out Hempen](#)



8 Lavender

A known associate of sleep. You can use it in various forms such as pouches of the flowers by your bed, rubbing essential oil into your skin, burning lavender oil in a diffuser or drinking lavender tea.



15 Sleep Tips



9 Take a bath

Wash away your day, keep it nice and calm, dim the lights or use candles instead, try to use less invigorating smells such as peppermint, tea tree and eucalyptus and instead use more calming smells like camomile, lavender, rose. I like to team up bath time with a good book.



10 Listen to binaural beats

This style of music helps to change your brain waves. Depending on the track you chose you can induce deep thinking, meditative or sleep states. [Check out this playlist with our favourite binaural beats for sleep.](#)



11 Listen to Sound healing

Live sound healing is the best quality however, there are many good tracks for you to listen to from home. If using your mobile, download the tracks so you can listen without internet connection & make it one of the earlier parts of your routine. [Listen to Sound Healing.](#) Or [Book a class](#)



12 Yoga Nidra

Termed yogic sleep, is a yoga practise with no movement, similar to meditation in which you lay down and listen to instructions. Yoga Nidra is well renowned for helping the practitioner fall into a deep sleep and can also be used to make you feel well rested.



15 Sleep Tips



13 Bedtime playlists

Time without technology is ideal before bed to reduce screen time & stimulation, one way to wind down without total silence is to listen to a bedtime playlist. It goes well with journaling, gratitude lists, a bath and other bedtime routine things. [Check out our bedtime playlist](#) or why not create your own.



14 Journal

This is a fantastic way to brain dump and clear your mind before bed. It allows you to let go of the things you 'need' or 'should' do in the middle of the night. Journals are for your eyes only so write without limits. It's up to you whether you read it again and there doesn't need to be structure, format or for it to even make sense. I like to either write until I have completed 3 pages or set a time to write for E.g. 10 minutes and keep writing until the time is complete. Always use pen and paper rather than technology.



15 Watch what you consume

Avoid caffeine 5 hours before bed - Watch out for sneaky caffeine or other stimulating substances which can have a similar effect on your sleep cycles e.g. white, green and black tea, coffee, cacao, chocolate, sugar, sweeteners, Garauna and energy drinks etc

BEDTIME TICKSHEET

Bonus 1

Write down all that you accomplished today

One thing that stresses people before they go to sleep is that they haven't managed to complete things in a day so, write down what you did do! No matter how big or small it seems. And give yourself a nice big tick next to each one! If you want to write down what is left to do that is fine but, if it causes you stress then don't add it to the list. This is for feelgoods only!

E.g.

Activity	Amount	Complete
Drank lots of water	2.5 litres	✓





Bonus tips

2

Spend the first 30 minutes of your day without technology

3

Sleep with the curtains open to follow nature's alarm clock. When it gets dark out get ready for bed and when it gets light get up (this can be trickier in winter).

4

Turn off all electricity in the room you sleep in.

5

Start the day earlier, join the 5am club and get stuff done early. Then allow yourself to switch off earlier in the evening so you can get an early night.

6

Spend time being mindful in nature everyday.

To help you get the best out of your new practises why not add some other tips to your day



Free gift



How does good sleep effect you

Write down how you're feeling now and how you expect to feel once you put these tips into practise. It will help keep you focused if you have moments of weakness.

N O W

I'm so tired in the morning
it's a struggle to wake up



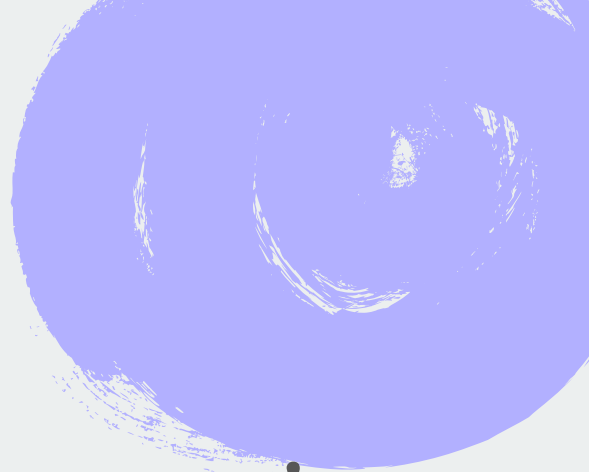
T H E N

I wake up before my alarm
and feel refreshed ready to
start the day



V S





Thank you!

I love my sleep and hardly anything can disturb it but, when things go awry then all of the techniques in this list have helped me get back to great sleep.

These tried and tested tips can help with busy brain, insomnia and over stimulation. Let me know how you get on!



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