

SLEEP

WORKSHEETS & REFLECTION TOOLS



TIPS & TOOLS
DESIGNED WITH
YOU IN MIND.

SLEEP

These tools are developed to
support you in your sleep journey
and to work alongside the Ebook
SLEEP - Bringing sleep out from
under the covers

The Inside Life

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WORKSHEETS & REFLECTION TOOLS

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EVENING WIND DOWN

RELAX

At last it's time to rest. Create an environment that is calm and comfortable.

Have you removed the day from your face? Treat yourself to a nourishing night cream or hand cream that you look forward to putting on.

Light a candle, burn some oil, get your mat ready.

Take some slow calming breaths.
Play some tunes.

REFLECT

Buy yourself a book that you will enjoy holding and a pen that writes beautifully.

Handwriting is a much more personal expression of you.

Enjoy keeping this old tradition alive!

Work through your journal prompts. Do as much or as little as you like. The best journaling is whatever you feel like at the time. If you want to skip it do so. I suggest at least a gentle reflection on your day.

RELEASE

Take time now to ease into some slow, gentle yoga poses allowing your body and mind to reconnect.

Using your breath to calm the nervous system with longer slower exhales preparing your body for rest.

REGENERATE

Ahhhh time to do the most rejuvenating and replenishing thing you can do for your body.

S L E E P

Whilst asleep your brain will process all the information from your day. It will file, clean and consolidate your memories.

It will repair and rebalance your nervous system, hormones and even detox itself!

CREATED TO ASSIST YOU ARE RESOURCES

CALM YOGA E-BOOK
AROMATHERAPY FOR SLEEP
RITUAL & ROUTINE E-BOOK
STRESS - A NEW CONVERSATION
CULTIVATING POSITIVITY E-BOOK



DAILY DIGEST JOURNAL

Date Today:

AM	PM
<p>My Intention</p> <hr/>	<p>Relax and Reflex 20 minutes</p> <p>My Journal Prompts</p> <p>How did I feel today?</p>
<p>My Dedication</p> <hr/>	<p>What was my dominant emotion?</p>
<p>My Challenge</p> <hr/> <hr/> <hr/>	<p>Was I mindful of my intention?</p> <p>Did I live in my head?</p> <p>Did I connect with my body?</p> <hr/> <hr/> <hr/>
<p>Meditate <input type="checkbox"/></p>	<p>Yoga Pose/stretch <input type="checkbox"/></p>
<p>Move <input type="checkbox"/></p>	<p>Meditate <input type="checkbox"/></p>

What did I do really well today?

What would I do differently?

Do I have a challenge tomorrow that I need to prepare for or sleep on?

Did I give myself enough care and tenderness today?

SLEEP FACTOR TRACKER

WEEK BEGINNING _____

	MON	TUES	WED	THURS	FRI	SAT	SUN
WAKE UP TIME							
TEMPERATURE ON WAKING							
EXPOSURE TO SUNLIGHT TIME							
YOGA/STRETCH WALK							
NSDR PROTOCOL & TIME							
LAST EXPOSURE TO ARTIFICIAL LIGHT							
SLEEP ROUTINE							
HOW DID I SELF SOOTHE?							

WEEKLY SLEEP REFLECTION

What have you noticed about your sleep patterns over the week?

Review your Sleep Pattern Tracker and Daily Digest Journal.

How did you feel on waking?

How was your energy?

How did your energy differ across different quality sleeps?

When you slept well did you notice you were snacking less? Calmer?

SUNDAY:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

NOTE:

The Inside Life



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The Integrative Approach
Coaching for Growth & Transformation

Certified NLP Practitioner
Diploma Transformational Life Coaching
Certified Holistic Counsellor
Foundational Scientific Acupuncture
Certified Applied Neuroscience and Brain Health
300+hrs RYT Worldwide Yoga Instructor
Traditional Usui Shiki Ryoho REIKI I & II
19years in Business Ownership



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