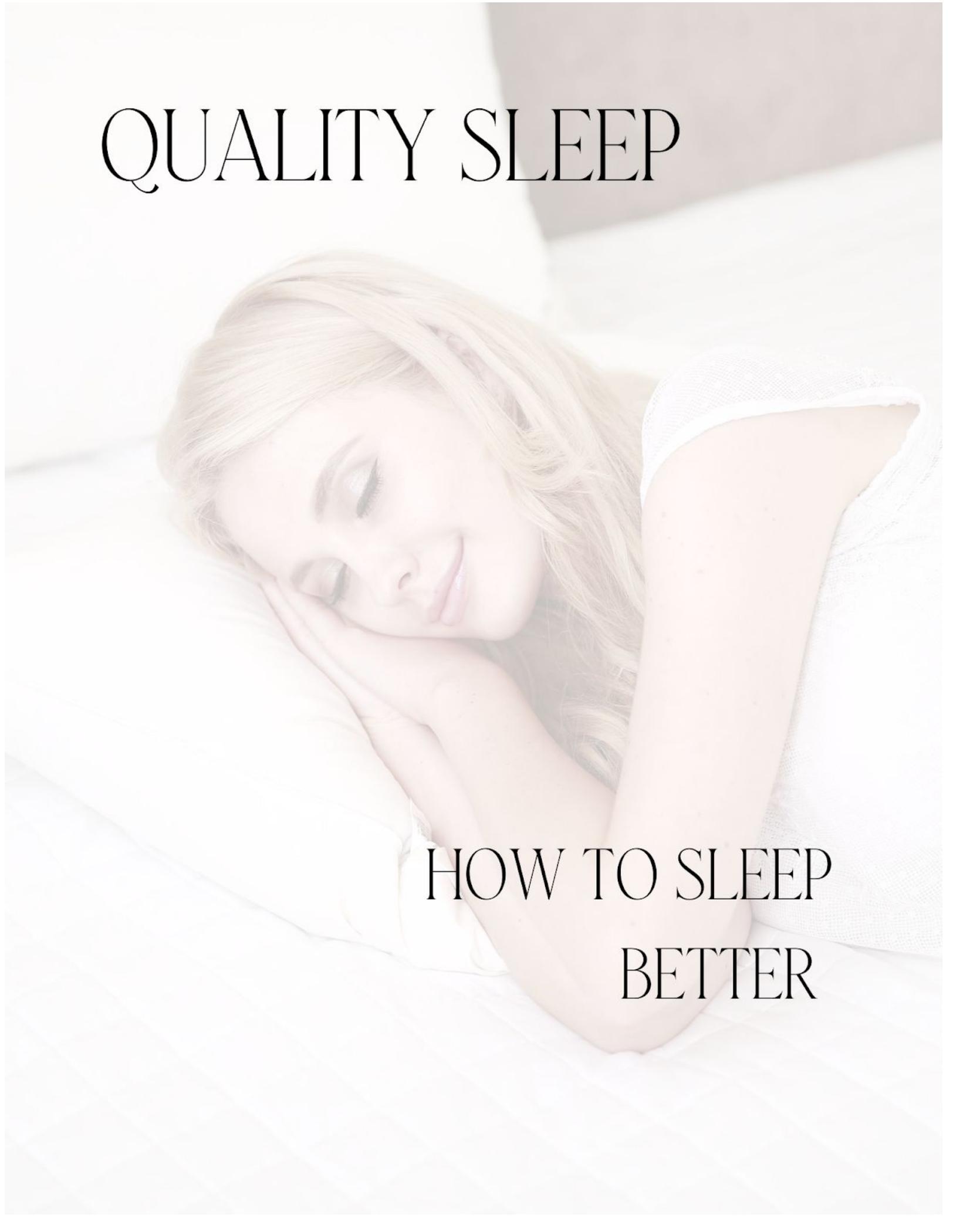


QUALITY SLEEP

A woman with long, wavy blonde hair is lying on her side on a bed with white linens. She has her eyes closed and a slight smile, resting her head on her hands. The lighting is soft and natural, creating a calm and serene atmosphere.

HOW TO SLEEP
BETTER

Quality Sleep
How to Sleep Better

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Disclaimer

The information contained in this document is being provided to you for informational purposes based on my personal knowledge, opinions, and experience as a holistic health coach only. It is not intended to prevent, diagnose, treat, or heal disease nor replace medical advice or instruction from a licensed professional. I am not a medical doctor and make no claim to specialized medical training. Please consult your doctor if you have any questions regarding the suggestions made in this content, and make your own well-informed decisions based on what is best for your physical needs.

Welcome!

We all know that sleep is necessary for health and is just as vital to our overall wellness as the food we eat and the physical activity we get. But how often do you really get good sleep? If like many of us, you toss and turn at night, lay awake far too long after you go to bed, or simply stay up trying to play catch up on housework or recreation, you're missing out on the sleep your body and mind need to heal and restore itself.

By trying to get by on just a few hours of sleep, you may find yourself leaning on coffee and sugar to get through the day. You feel disconnected, you're sluggish, and most days you're trying not to nod off around 3:00 PM. When you're missing out on good, restful sleep, it can become very challenging to handle what life throws at us. Our cup empties. Our fuse gets short. We have little energy and motivation. Issues feel bigger than they really are. We are overwhelmed.

I get it. I've been there

In 2010, I was diagnosed with breast cancer. Having lost my mother to breast cancer, I felt that I had to be proactive and aggressive with my own medical care. Over the next few years, life changed. I learned that while I worked less, my income dramatically dropped. The devastation of cancer, and essentially losing the thriving momentum of my business due to lack of stamina, presented a new opportunity on how to be of service to my clients.



In 2015, I took my skills into the pharmaceutical and healthcare industries and earned the hours as a project manager. In 2018, I became certified as a Project Manager Professional, PMP. With this newfound credential, I built a new career and credibility. I am currently maintaining contracts as a Project Manager in the public sector and for private industries.

Ever since my diagnosis of cancer, I knew in my heart that I wanted to use this experience to help others. The value of business consulting for maintaining efficacy and now how to be proactive with your health. In the wellness arena, I have researched products, companies, and surrounded myself with innovative and highly renowned resources building my tool kit to be of maximum service to you.



In this ebook, I share with you some simple strategies, tips, and tools to promote good habits, routines, and actions that lead to the restorative sleep you need. Integrate at least one of these tips into your daily life. Don't feel like you need to try to do them all right away,

but try at least one recommendation and see if it helps. Then, try others. See what works for you and your routine, and do what feels good. YOU are worth this time and devotion! When we take intentional and loving care of ourselves, we are better able to serve and support others.

So dive in and be sure to reach out to me if you need additional support. I am here to help you live a life that is filled with vitality and joy and learning to make self-care a priority is a very important step.

All my best,

Anne McGurty

The Necessity of Good Sleep

Sleep - deep, restorative sleep - is essential to good health. When we sleep, the body goes into a state of healing, restoring the immune system, repairing the cardiovascular system, muscles, tissues, and joint damage, balancing hormones, and replenishing energy. Sleep also allows your mind to recharge, and your brain uses this time to work through emotions and “file” the day’s events into memory.

Sleep is the best meditation
- Dalai Lama

Both quantity of sleep and quality need to be taken into account when it comes to sleep. Poor sleep, where you toss and turn throughout the night, wake up numerous times through the night, or spend too much time in a light sleep stage, is nearly as damaging as not sleeping. Adults need, on average, eight hours of virtually uninterrupted sleep each night, while teenagers and children need even more, usually between 10 and 12 hours.

The Effects of Poor or Insufficient Sleep

When you become sleep-deprived, especially over a long period of time, your physical and mental health can suffer. Long-term sleep deficiencies can lead to:

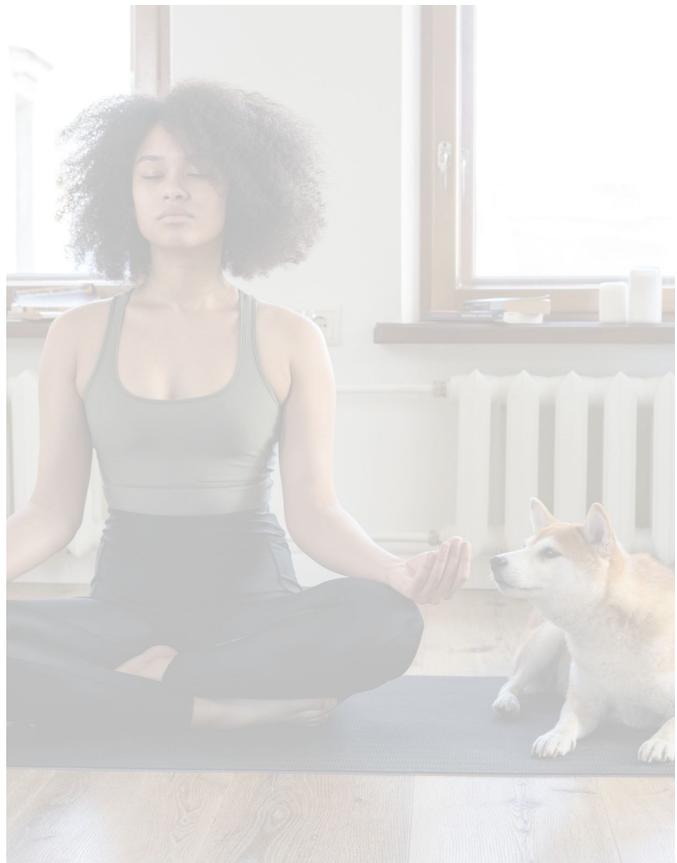
- Weight gain and obesity
- Diabetes and blood sugar imbalance
- Cardiovascular disease, including heart disease and hypertension
- Anxiety
- Depression
- Weakened immune system and frequent illnesses
- Inability to concentrate
- Inability to handle stress
- Poor memory and brain fog
- Altered circadian rhythm (your internal clock that tells you when you should be sleeping and awake)

Your physical and mental wellness depends on you getting consistent, quality sleep. Easier said than done, right? Fortunately, with the right routines and strategies, you can increase the amount of sleep you get and improve the quality of sleep you get!

Preparing Your Mind and Body for Good Sleep

- Avoid stimulants, alcohol, and heavy meals at night. Eliminate caffeine after 3:00 PM, and limit or reduce sugar after that time, too. Alcohol and heavy meals within a few hours of when you plan to go to sleep can also disrupt sleep and lead to frequent wakings during the night. If you do get hungry before bed, try a light snack of fruit or a slice of toast with almond butter.
- Set a specific time to go to bed and wake up each day. By putting your circadian rhythm on track, your body and mind will be ready to fall asleep and be ready to wake up on a regular basis. Just think - no more need for an alarm clock! This does mean that instead of staying up late and sleeping in on the weekends, you want to go to bed at the same time each day, but on days off, allow yourself to wake naturally if you can.

- Eliminate screens before bed. Allow at least one hour of screen-silence. No television, tablet, computer, or phone. Not only does the visual stimulation keep you up, but the blue light from screens also disrupts your circadian rhythm and makes it harder to fall and stay asleep. Try reading a book or a magazine, listening to a podcast, or writing in a journal instead.
- Relax your mind and body. Soothe any aches or soreness before bed and ease any tension by soaking in a warm bath with Epsom salts. Engage in deep breathing exercises, meditate, or diffuse lavender essential oil to promote feelings of calm and peace. You can also diffuse lavender oil in an aromatic mist to help you fall asleep.



- Seek medical advice for natural supplements. Natural supplements such as magnesium, melatonin, or 5-HTP can help with insomnia. Before trying them, speak with your medical professional to see if one of these is right for you.

Make Your Bedroom a Sleeping Sanctuary

- Create a space of comfort. Select fabrics, textures, and colors that you find comforting and soothing. Avoid jarring colors like bright red, orange, or yellow, and stick with softer shades. Pick sheets and pillowcases that are soft and cool to ensure you can sleep comfortably.
- Clear the clutter. Having piles of laundry, paperwork stacked on a dresser, and clutter everywhere is distracting and makes it hard to wind down. Eliminate unnecessary things in your bedroom that may make it difficult to unwind.
- Keep it dark and cool. Eliminate all sources of light, from removing nightlights, turning off light from the hall or another room, using a heavy curtain to block outside light. A cooler room for sleeping promotes better sleep, so turn down the thermostat and stay warm with a snug comforter or a favorite quilt.

Did you know Melatonin is a naturally occurring hormone controlled by light exposure that helps regulate your sleep-wake cycle? Your brain secretes more melatonin when it's dark—making you sleepy—and less when it's light—making you more alert. However, many aspects of modern life can alter your body's production of melatonin and shift your circadian rhythm. Adding a Melatonin supplement may help promote a healthy sleep/wake cycle.

The bedroom is only for relaxing before bed, sleeping, and romantic intimacy. Avoid watching television, using your phone, or having a computer in the bedroom. The lights that emit from electronics and electromagnetic exposure can interrupt sleep.

Before You Go

Here are a few links to the resources referenced.

Full disclosure: some of these links are affiliate links, others are solely for your reference. As a customer, you do not pay any more or less because of an affiliate link. A small percentage of the sale will go to the person who generated the link. Thank you for your support of my educating others.

[Sleep Cycle](#): *I love this app.* Sleep Cycle tracks and analyzes your sleep, waking you up at the most perfect time, feeling rested.

[Clutterer's Anonymous](#): A 12-step program for help with clutter.

[Cozy Earth](#): *These sheets are an investment in your health, never hot, never cold.* - Live Kelly and Ryan.

[Habit Nest](#): These journals will help you develop better habits.

[Electromagnetic Fields](#). The dangers of EMF's.

A Special Offer Just For You

If you're looking to minimize the stress in your life and dig deeper into relaxation and sleep techniques, then I'd love to offer you a **FREE Health Discovery Session**. During this call, we can talk about what's contributing to your poor sleep and stress levels and discuss ways to better cope with the pressure. Using a holistic approach, we will look at every area of your life to help you find balance. Book your session [here](#).

Or, alternatively, you can call/text me directly at (480) 442-2014.

For more wellness and business tips and information, you can follow me! Just click on the links below.



www.AnneMcGurty.com