


**FOR THE LOVE OF SLEEP**  
*The Art of Deep Rest*

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AHI SLEEP...



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**TODAY**

- Share Information
- Common Sleep Challenges
- Strategies
- Practice
- Resources



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**WHY DO WE NEED SLEEP?**



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**SLEEP DEPRIVATION**

- Impairs judgment
- Negatively affects moods & emotions
- Impairs cognitive ability
- Impairs memory
- Decreases libido
- Accelerates skin aging
- Loss of balance
- Weight gain

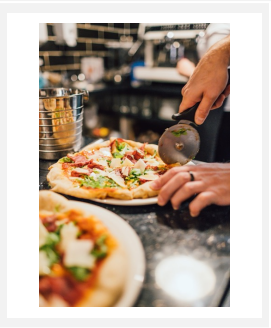


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**SLEEP DEPRIVATION**

“Too little sleep swells concentrations of a hormone that makes you feel hungry while suppressing a companion hormone that otherwise signals food satisfaction.”


~ Matthew Walker, Ph.D.



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**DISEASES OF SLEEP DEPRIVATION PER CDC**

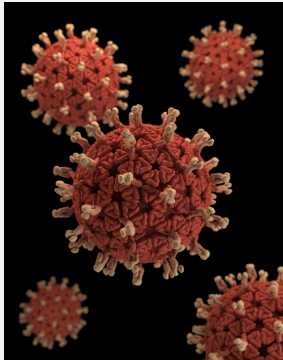
- Depression
- Anxiety
- Cancer
- Diabetes
- Hypertension
- Heart attack
- Stroke
- Memory loss/Dementia
- *Immune deficiency*



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**DISEASES OF IMMUNE DEFICIENCY**

- Rheumatoid arthritis (RA)
- Hashimoto's thyroiditis
- Type 1 Diabetes
- Multiple Sclerosis (MS)
- Graves disease
- Lupus
- Fibromyalgia
- Psoriasis
- Inflammatory Bowel (IBS)
- Allergies



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**WHILE YOU ARE SLEEPING**


- Cellular repair & detox
- Heart & vascular system rest
- Muscle growth
- Tissue repair
- Protein synthesis
- Wound healing
- Immune system most active
- Blood pressure drops
- Process unresolved emotions through dreams
- Alertness levels restored
- Metabolic waste removed



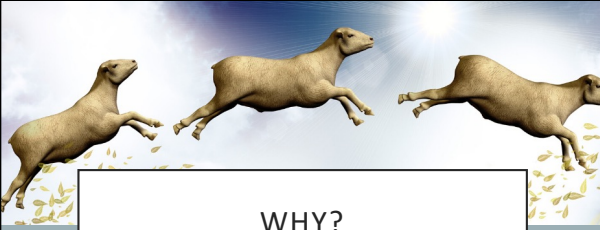
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**COMMON SLEEP CHALLENGES**

- Racing thoughts of worry or fear
- Difficulty falling asleep
- Grinding teeth
- Feeling jittery, restless
- Fall asleep easily—wake frequently
- Waking between 2:00 & 4:00 A.M.
- Nightmares
- Talking in sleep
- Sleepwalking



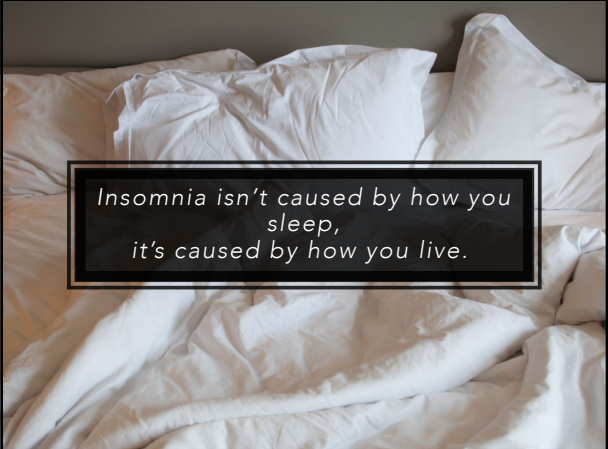
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**WHY?**

If sleep is so important, why do we struggle with it?

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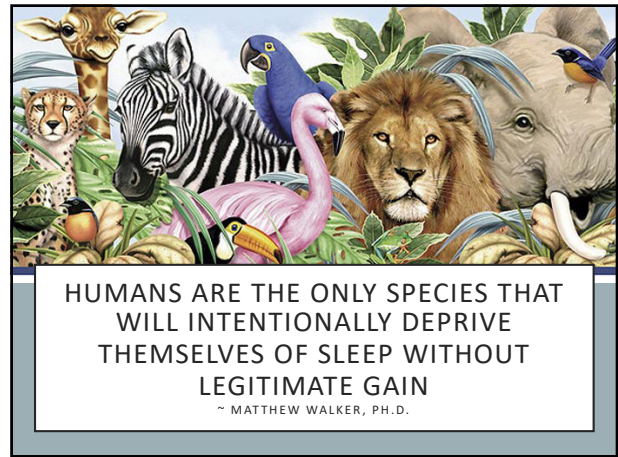


*Insomnia isn't caused by how you sleep, it's caused by how you live.*

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WHEN YOU SLEEP IS AS IMPORTANT AS HOW MUCH YOU SLEEP

- Circadian rhythms
- Adult = 8 hours rest per cycle
- Rest after approx. 16 hours
- Most effective sleep:
  - Between 10:00 PM & 2:00 AM

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QUALITY MATTERS

- Falling asleep within 30 minutes
- Asleep 85% + of time in bed
- Sleeping 7 - 9 hours
- Waking no more than once/night
- Resume sleep in less than 10 minutes
- **Wake feeling rested, clear, and energized without need of stimulants**

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WHAT HELPS?

- Daily routine that supports natural biological rhythms
- Nurture digestion

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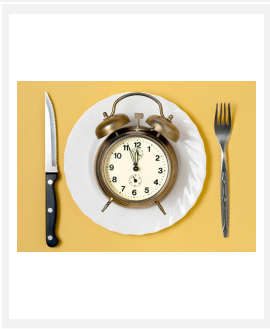
MOVE YOUR BODY

- Energizing morning routine
- Exercise between 6:00 & 10:00 A.M.
- Avoid vigorous exercise 2 to 3 hours before sleep

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**WHAT YOU INGEST AFFECTS YOUR REST**

- Eliminate/minimize caffeine
  - particularly after 12:00 P.M.
- Eat light dinner before 6:00 P.M.
- Fast 3 hours before sleep
- Eliminate alcohol before bed



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**THE "NO" LIST:**

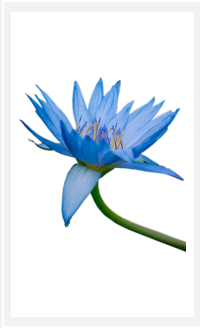
- Screen time
- Stimulants (caffeine, nicotine)
- Alcohol
- Eating before sleep
- Naps after 3:00 PM
- Working/studying before sleep



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**WHAT HELPS?**

- Attuning to the body
- Quieting & grounding body & mind

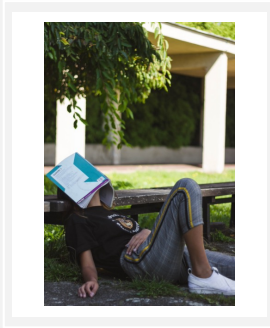


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**HONOR YOUR FATIGUE**

**Body Communicates**

- Heaviness in limbs
- Heavy eyelids
- Focus changes
- Body temperature drops




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**CREATE AN INVITING SPACE**

*Bedroom = a sacred place for sleep and intimacy only.*


- Cooler temperatures
- Cozy covers
- White noise
- No electronics
- Turn clock away
- Minimal light



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**Dear mind!**

Please stop thinking so much at night, i need to sleep.




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**65,000**  
**Thoughts Per Day**



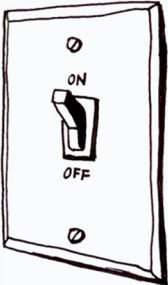
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**MEDITATION**

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The mind does not operate like a light switch



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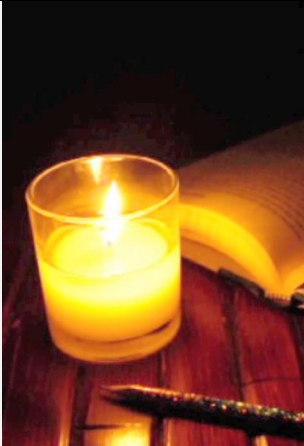


**WINDING DOWN**

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**HAVE A SLEEP ROUTINE**


- Begin wind-down at least 1 hour before bed
- Include mind, body, & spirit in your routine
- Consistent & flexible
- Bed & wake at same time every day  
(yes, weekends too)



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**SLEEP ROUTINES**

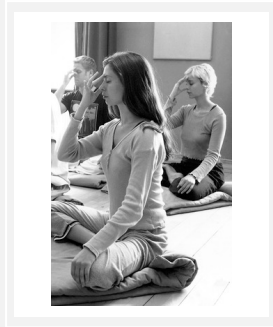
- Turning down lights & sounds
- Shutting down electronics
- Hot bath or shower
- Gentle walk
- Meditation
- Gratitude journal
- Massage feet with oil
- Gentle stretching/yin yoga



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### BREATH

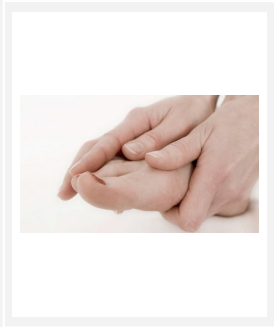
- Left Nostril Breath
- Paced Breath: 4-6-8-2
- Box Breath: 4-4-4-4



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### SELF MASSAGE

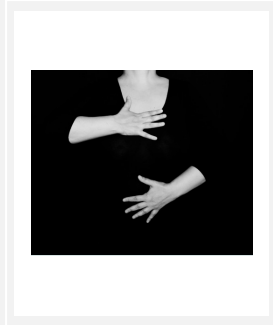
- Oil massage before bed
  - Feet
  - Crown of the head
  - Belly
- Add essential oil:
  - Lavender
  - Vetiver
  - Ylang ylang
  - Cedarwood



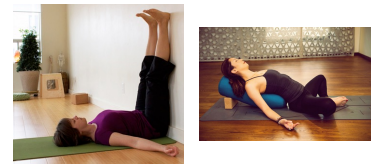
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### SELF-TALK

- Hand on heart & belly
- Extend Exhales
- Compassion
- Attention to present



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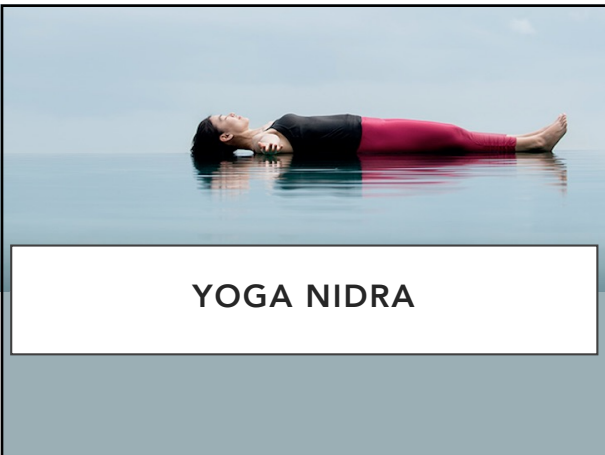


### GENTLE RESTORATIVE YOGA

- Child's Pose (Balansana)
- Legs up the Wall (Viparita Karani)
- Butterfly Pose (Supta Badha Konasana)

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### YOGA NIDRA



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### PRACTICE

- Shaking + Stretching
- Hand Massage
- Left Nostril OR Box Breath (4-4-4-4)
- Legs up the Wall
- Hands on heart
- Yoga Nidra




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### KEY TAKE-AWAYS

**You are Not a Light Switch**


- Move the body
- Fast before sleep
- Invite moments of rest
- Create conditions for sleep
  - Environment
  - Body
- Gently wind down



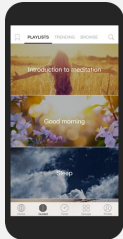
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### THERE'S AN APP FOR THAT!

**Insight Timer**



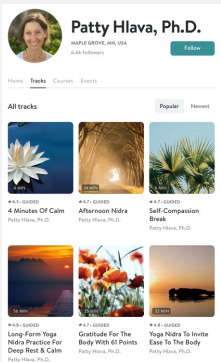
100,000+ Free  
Guided Meditations



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On Insight Timer:


- Audio Courses
- Meditations
- Live Teaching & Guided Practice



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### OTHER APPS

- Aura Health
- Calm
- Headspace
- Stellar Sleep
- Sleep Cycle
- Slumber
- Somryst (Rx Only)
- Noisli (sleep sounds)



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### QUESTIONS

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MEDITATION  
WORKSHOPS AND RETREATS

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