

7 SECRETS

TO A GREAT NIGHTS SLEEP

Naturally



Get off the insomnia rollercoaster
and start sleeping better tonight

You are at war with sleep.

Can you relate?

You can't remember the last time you woke up feeling rested.

You lay in bed every night and struggle to shut off your mind long enough to fall asleep.

At a certain point dread and panic sets in as you realize you're going to be exhausted tomorrow-- again.

You wake up on and off throughout the night, toss and turn, and feel like you never really fall asleep.

The effects of sleeping badly are starting to wear on you-- and you're not sure how long it will be before things fall apart.

Before you lose your edge at work.

Before you fall asleep while driving or embarrass yourself by snoring in a board meeting.

And to make matters worse, your relationships are starting to suffer.

You're short with your loved ones. You haven't got the energy to play with your kids or make love to your partner. You just don't feel like yourself anymore.

Not to mention the nasty caffeine/ stimulant/ adrenaline roller coaster you're on.



If you can relate, you're not alone. It's been estimated that 10% to 30% of adults live with chronic insomnia, according to SleepFoundation.org. That's a whole lot of people who are not living their best life!

Let me introduce myself. My name is Catherine Tryon and I'm here to help you beat chronic insomnia. I'm a Sleep Success Coach and the creator of the Sleep RESET System to help you fall asleep faster, better, and naturally. I help middle-aged women navigate changing hormones, relationship dynamics and career challenges as it specifically relates to their sleep.

I've been working as a holistic healer for the last 18 years weaving massage therapy, Reiki healing, aromatherapy, hypnosis, and PEMF Therapy plus the work of Louise Hay, Deepak Chopra, Bruce Lipton, Abraham-Hicks and many more pioneers in consciousness to best serve my clients.

I've struggled with insomnia from time to time but it wasn't until a nasty breakup that insomnia got a serious grip on me and months of sleepless nights really took its toll. My doctor prescribed sleeping pills but I knew that medication would not solve the problem. I read everything I could about insomnia and found my way out with the help Cognitive Behavior Therapy-Insomnia coach. The rest is history! Now I'm helping others find their way to good sleep without medication.

The 7 Secrets you are about to discover are the foundation of being able to rewrite your sleep story.

They are the same secrets that I teach my sleep coaching clients who are ready to conquer sleeplessness, wake up refreshed, and have more than enough energy to get through the day without relying on caffeine or other harsh stimulants to perform their best.

These secrets, while deceptively simple, can help you too. It's my pleasure to share them with you today.

To your dreams, *Catherine*



SECRET #1

STICK TO A REGULAR SLEEP SCHEDULE

Following a consistent sleep schedule seven days a week is one of the most important steps to creating a great night's sleep.

This step is vital to changing your current sleep story because it reinforces your body's internal biological clock and sets the pace of your circadian rhythm.

When you maintain a sleep routine, your brain will know what to do and when to do it every single day.

It may be tempting to sleep in on the weekends to catch up on rest but it actually throws your body off its sleep cycle. When our circadian rhythm is disrupted, not only do we tend to feel "off" or low energy, our ability to fight off viral infections is greatly reduced.

If our sleep disturbances occur several nights in a row, inflammation in our bodies increases. Inflammation has been linked to chronic diseases, weight gain and depression.



SLEEP RESET TIP
Set your morning alarm to go off 7 days a week.
Set a night time alarm to remind you to start getting ready for bed.

SECRET #2

AVOID BLUE LIGHT BEFORE BEDTIME

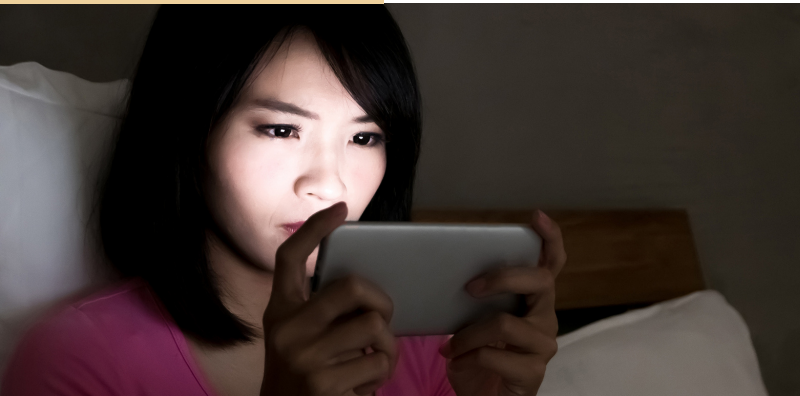
SLEEP RESET TIP

Try to power off all electronic devices an hour before bedtime. If you've been relying on the TV or internet surfing to put you to sleep, try reading a book instead.

Exposure to blue light emitted by screens of electronic devices suppresses the production of melatonin more than any other type of light. Our circadian rhythm and our brains are especially sensitive to the blue light of this type.

It is believed that the shorter wavelengths in blue light is what causes the body to produce less melatonin. Research has found that blue wavelengths suppress delta brainwaves, which induce sleep and boost alpha wavelengths, which create alertness.

Too much exposure to blue light before bedtime can make falling asleep more difficult. If you can't avoid screens late at night, try wearing blue light blocking glasses or investing in a blue light blocker for your screen.



SECRET #3

KEEP YOUR BEDROOM COOL

Your sleep cycle typically follows your core body temperature cycle. In the evening your body temperature naturally drops. This drop is a signal to your brain that it's time to slow down and get some rest.

When you keep your bedroom cooler (less than 68 degrees) you reinforce your body's natural instinct to sleep.

The other benefit is that the production of melatonin is stimulated when room temperatures are in the range of 60 - 68 degrees. Another benefit of melatonin is that it is a powerful anti-aging hormone.

As if that wasn't enough, more melatonin also means better moods, possible weight loss, increased brain health, and even increased immunity to disease. Helping your body produce more melatonin naturally has more benefits than you would have ever guessed!



SLEEP RESET TIP
Set your thermostat timer to automatically decrease temperature before bed.

SECRET #4

DIFFUSE ESSENTIAL OILS

Believe it or not, the right aroma may help you relax and drift off faster! When you smell certain fragrances, your olfactory receptors send calming signals to your brain, which prepares your mind and body for sleep.

Essential oils are natural compounds that are extracted from plants. These natural remedies have been around for centuries and many cultures used them for medicinal purposes.

There are many ways to add essential oils to your sleep routine in a safe way. The most common are using a diffuser or applying oils directly to the skin. You will immediately begin to feel, and smell, the calming effects.

SLEEP RESET TIP

Diffuse essential oil blends that support relaxation, purify the air and create an optimal sleep environment each night before bedtime.



As an Aromatherapist and Young Living Distributor, I've seen firsthand how powerful these tiny bottles can be as they rewire the body to fall asleep faster.

New to the world of essential oils?

[>>>Learn more about my Premium Starter Kits Here<<<](#)

SECRET #5

GET SUNLIGHT IN THE MORNING

Light is a powerful natural guide for your body. Two very important hormones that impact our day-to-day lives, melatonin, and cortisol, are affected by the amount of natural light (sunlight) we receive throughout the day.

Through the connections between our eyes and our brain, light rays synchronize our internal body clock or circadian rhythm. This internal clock must be recalibrated each day by sunlight, which stops the release of melatonin in our brain by signaling the body that it is time to be alert.

If you are struggling to sleep at night, try exposing yourself to morning sunlight. You may find that this can have a big positive impact on your health and well-being.

SLEEP RESET TIP

For most people, exposure to natural sunlight is most beneficial if it occurs in the morning just after waking. If possible, go to a window for some direct sunlight or get outside for a walk within the first 30 minutes of your day.



SECRET #6

MOVE YOUR BODY

There is a direct association between exercise and good sleep. The National Sleep Foundation 2013 Sleep in America® poll demonstrated that vigorous exercisers report the best sleep and are also least likely to report sleep problems.

On the other hand, non-exercisers are the sleepest and have the highest risk for sleep apnea. "Poor sleep might lead to negative health partly because it makes people less inclined to exercise," says Shawn Youngstedt, Ph.D.

Not sleeping can lead to not exercising and that can become a vicious cycle. According to the CDC, sitting disease is the new smoking-- one in four American adults sits longer than eight hours every day which greatly impacts their health.

To combat this trend move your body! Even 20 minutes of movement a day can have a positive impact on your sleep experience.



SLEEP RESET TIP

Body movement doesn't have to be difficult. Dance, walk the dog, explore a park or the mall. Look for places you can add a few extra minutes of movement in. Every step counts towards a good night's rest!

SECRET #7

SLEEP IN TOTAL DARKNESS

SLEEP RESET TIP

There may be times you can't control the amount of light that enters the bedroom. Don't despair-- instead invest in a high quality sleep mask that fully covers the eyes and blocks out all light instead.

Darkness is essential to sleep. The absence of light sends a critical signal to your body that it is time to rest. Insufficient darkness throughout the night can lead to frequent awakenings, while even the smallest amount of light can disrupt your body's natural sleep process.

Investing in blackout shades or blinds to block out the light while you sleep can be an easy fix. If you need a source of light during the night, use a nightlight with a red bulb. Red is a long wavelength light that is less disruptive than other light wavelengths.

Thinking about painting your bedroom or sleep environment? Feng Shui expert Aubrey Thorne says dark bedrooms are calming because they are less energetic. "What's causing the calm feeling is not necessarily the hue, but rather the absence of white." Take a little time to create a dark sleeping environment and improve your nightly rest.





There you have it: 7 Secrets to a Great Night's Sleep Naturally. Try a few of them today. You'll feel the difference.

Sometimes there's more going on than just the immediate environment that keeps you up at night.

Hormonal imbalances and life changes that come with middle age can create chronic insomnia.

But there is hope.

Sleep coaching can bring your body back into balance naturally.

My mission is to help you perform your best in all areas of your life. I use science, emerging research and holistic therapies to support you in finding a solution to your unique sleep story.

I offer a limited number of free SLEEP RESET SESSIONS to explore if and how I can help you conquer sleepless nights and live your best life.

[>>>CLICK HERE TO APPLY NOW<<<](#)

To your dreams, *Catherine*

