

SLEEP YOUR WAY TO A SEXY BODY...

9 SURE FIRED WAYS TO HELP YOU
SLEEP LIKE A BABY EVERY NIGHT

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HEY THERE!

Huge thank you for downloading the Sleep Your Way to a Sexy Body e-book.

You're a smart person (and soon-to-be sleeper) but you know how much of a detrimental effect lack or poor sleep has on your body, right?

Here are just a few reasons you should read this all the way to the end (No.8 is a game changer)

A lack of sleep increases your **hunger** hormone Ghrelin and reduces your fullness hormone Leptin. I can only assume this is to allow your body to consume more calories providing you with energy to get through the day

And once you've gained weight and you're sad about it your body resorts to starch, sugar and alcohol to make you happy again which directly makes you sad all over because you've gained more weight

Sound fun? Didn't think so....

Depression, Anxiety and Mental Distress – which can easily help prevent you damage relationships with loved ones and avoid you from turning to starchy/sugary foods to boost your mood (which leads to weight gain and depression) or at worst drugs and alcohol

Sleep Apnea - a condition in which a person temporarily stops breathing while sleeping, increases the risk for several different cardiovascular conditions, including high blood pressure, stroke, coronary heart disease, and irregular heartbeat

And this is just listing a few

Check out the 9 Tips below and give at least one ago today;



1 - NIGHT TIME ROUTINE

It's been a long hard day at work and all you want to do is sit down with a nice cold glass of wine and watch your favourite Netflix show. Yep, the one that you can't stop thinking about that gets you so excited to see your colleague the next morning and dissect every part of that previous episode

But the next thing you know it's an hour after the time you were meant to get to bed and you got to be up in 6 hours.

You see we love routines, anything the brain can automate to save energy it will do, hence why half the time you have no idea how you drove to work.

And creating a nighttime routine for yourself is a great way to not only get to bed on time but increase the quality of your sleep

TASK...

Write these down and answer them:

- **Is there anything I'm doing I can eliminate?**
- **Can I move things earlier such as washing my face and brushing my teeth so I can go straight to bed when I get drowsy on the couch?**
- **What time do I start my last show and head to bed as a non-negotiable?**



2 - CAFFEINE & NICOTINE

The former of the two is up there with one of the main reasons why you're so buzzed at night. We are often tired or lethargic late in the day so a quick pick-me-up won't hurt right? WRONG

Caffeine stays in your system from up to 10 hours so your mid to late afternoon one could be keeping you up

A general rule of thumb is making your last one of the day around 2 pm because really what do you need it for late in the day as it's time to wind down?

The latter on the other hand is not as well-known but Nicotine can also affect your sleep whether that be through smoking or vaping.

It's advised not to take in any nicotine 4 hours prior to bed, so if there is a reason you need a hit then ask yourself what is it you're really looking for.

Hunger, energy boost or boredom and then try and conquer that without keeping yourself up at night



3 - ALCOHOL

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I know you may believe that you sleep better after you've had a few bevvies but actually studies have proven over and over again that the quality of your sleep after alcohol is the issue.

Alcohol initially acts as a sedative, increasing the proportion of deep sleep at the beginning of the night. However, as the alcohol's effects start to wear off, the body spends more time in light sleep, which is not as sound and may lead to more night time awakenings

As a result of these frequent awakenings, people tend to clock fewer hours sleeping after drinking alcohol.

This is just one of the effects but it seems to look like from research that alcohol raves havoc on your hormones as you sleep which completely throws off your sleep cycle



4 - OPTIMAL SLEEPING CONDITIONS

Yep there are certainly optimal conditions to help you sleep that you may not know about

Here are some you can try to add right away to see how you feel

- Keep the room dark by turning off lights, blackout blinds and even an eye mask if needed
- Keep the room cool as the general idea is when you're butt naked you should be able to feel the chill as a good temperature
- Reduce the noise that is in your control such as turning off music and tv's but if it is something external then ear plugs are advised



5 - PHONE AND TV'S

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As mentioned above these are areas you certainly want to avoid before bed even if you believe it helps you sleep, it really doesn't

The blue light emitted by your cell phone screen restrains the production of melatonin, the hormone that controls your sleep-wake cycle

This makes it even more difficult to fall asleep and wake up the next day

You can opt to turn your phone to night mode but the distraction of notifications or interesting news can also keep you too stimulated to fall asleep

This goes for TV as well if you're watching an exciting show or just something you're really into it's very easy to take those thoughts to sleep with you

6 - NIGHT NOTES AND THOUGHTS

This is one of the most obvious reasons that I've found my clients to struggle to sleep.

You have so much going on in your life that you're trying to remember it or you can't switch off

One strategy we have used to great effect is taking a notepad and pen to bed

Brain dump before you go to sleep and get everything in your head down on paper so you can get back to the morning

And if more thoughts pop into your end as your conscious mind starts to switch off you can quickly write it down so you don't need to remember it

I often find when my subconscious comes alive great ideas pop into my head and as I have my notifications off on my phone, I don't get distracted when I send myself an email reminder to open in the morning when I wake up.



7 - EXERCISE

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Being Physically and mentally active is a sure-fired way to know you're going to crash at night time because you've burnt a serious amount of energy

Exercising also improves sleep for many people. Specifically, moderate-to-vigorous exercise can increase sleep quality for adults by reducing sleep onset – or the time it takes to fall asleep

physical activity can help alleviate daytime sleepiness and, for some people, reduce the need for sleep medications

Exercise can also improve sleep in indirect ways. For instance decreasing the risk of excessive weight gain, which in turn makes that person less likely to experience symptoms of obstructive sleep apnea

8 - SUBCONSCIOUS

Your own beliefs and Mindset can be heavily affecting your sleep

How many times have you said ↴

"I'm a terrible sleeper"

Or

"I always wake up in the middle of the night"

Or something along those lines

Well guess what you're literally telling YOUR subconscious mind what to do and then that powerful mindset that controls 95% of your mind does exactly what it's told and keeps you or wakes you up.

Don't panic its quite a simple fix you just need to BELIEVE and be CONSISTENT

‘I AM’

‘I AM’ Statements are a very powerfully successful tool use in the psychology world and are used with incredible results in places like Alcohol and Smoking addictions

It’s a simple strategy where you say I AM... and then add in what you want to be

For example

I AM A GREAT SLEEPER

You would repeat this at three key times in the day around about 5 times or until you feel it sticking

- 1 Upon waking in a drowsy state
- 2 During the day at any time you can lay down quietly and relax
- 3 As you close your eyes at night (this is my favourite)





9 - GO TO SLEEP WHEN YOU'RE TRULY TIRED

Struggling to fall asleep just leads to frustration.

If you're not asleep after 20 minutes, get out of bed, go to another room, and do something relaxing, like reading or listening to music until you are tired enough to sleep.

CONCLUSION:



Even if you found one of these useful then my advice will be to give it a good go

It may not work the first time so stick at it and remember a huge part of anything success is BELIEF if you say to yourself it won't work, you're 100% right but for all the wrong reasons

If quite a few have resonated then don't overwhelm yourself and start with the one that stood out the most. Then if any others follow that is just an added bonus

If you would love to discuss your challenges with sleep, energy, habits and weight gain in more depth then you can book in a free 15-minute Power Call today

This will give us a great idea if we are a good fit and how I can help you gain back control of your time and life

Click the link [HERE](#) to fill out a contact form and I will be in touch right away.

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