Averil Maher Coaching

Sleep Better Coaching Programme

When you Sleep Well, Everything Becomes Easier

When a good night's sleep feels out of reach

Do you struggle to fall asleep, wake in the early hours with your mind racing, or start your day feeling tired before it's even begun?

Poor sleep can affect so much more than your energy. It can influence your mood, concentration, confidence and ability to cope with everyday demands.

And when you're running a business, it's not always easy to switch off at the end of the day.

My **8-week Sleep Better coaching programme** helps you understand what's disrupting your sleep and develop practical strategies to improve your sleep quality naturally.

Together, we'll explore the connection between stress, thoughts, habits and sleep, helping you create the conditions for more restful nights and refreshed mornings.

What You'll Learn and Achieve

Through our work together, you'll learn how to:

- **Understand what's affecting your sleep** and identify the habits, thoughts and stress patterns that may be keeping you awake.
- **Calm a busy mind** with practical techniques to reduce overthinking and nighttime worry.
- **Relax your body and nervous system** so it's easier to unwind and prepare for sleep.
- **Develop healthier sleep habits** and create an evening routine that works for your lifestyle.

- **Reduce sleep-related worry** and rebuild confidence in your ability to rest.
- **Improve your daytime energy and wellbeing** so you can feel more refreshed, focused and ready to enjoy your day.

How the programme works

- We start with a comprehensive sleep assessment
- Regular calls via zoom
- Practical tools and techniques
- Create your personal sleep builder ritual
- Email support between calls

Rediscover the Benefits of Restful Sleep

Good sleep is one of the foundations of your health, energy and wellbeing.

You don't have to keep struggling through tired days and restless nights. With personalised guidance and practical tools, you can begin making positive changes towards better sleep and a better quality of life.

Let's have a chat.

If you're ready to improve your sleep and feel more like yourself again, I'd love to help. Book a complimentary introductory call and let's explore whether this programme is right for you.

Book Your Free Introductory Call *Click here*



Averil Maher Professional Stress Consultant, Life Coach and Sleep Specialist

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