

A Guidebook for Better Quality Sleep

By Lina Cook



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INTRODUCTION

Hi, I'm Lina Cook.

Hiya! That's me.

I am a 42 year-old happy soul, a mum of two little munchkins, a lover of all natural, healthy and mindful, a true adventurer, a partner, a shoulder to lean on, a go-to for a cool social event, an introvert modest fitness enthusiast, a search of balance between body and mind.

On a professional level, a digital creator, a well-balanced communicator, a resourceful project and finance guru.

A woman, a person, a mum, a partner, a voyager looking for the synergy between personal and professional life.

If you haven't recognized yourself yet, you will soon be able to follow on my footsteps.

Just like you and many of us, I have similar struggles, at times poor routines and good and 'not-so-good days'. I also suffer from a thyroid hormone imbalance which certainly has sprinkled dust on my sleeping habits..

My story is no different to any of yours..in some ways or even more...

have always struggled with sleep-deprivation, a mild anxiety and a hormonal misbalance. Having gone through a troubled conception and a more troubled second pregnancy, with a long road of Covid-related journeys to moving to another country, I have been no stranger to late to no-sleep series of nights and days on end, a complete imbalance between a healthy lifestyle and relationship, and turbulent daily routines.

So, with this being said, a very warm welcome to this little but powerful e-book which I have drafted to, hopefully, serve you as much as it served me and many others in this journey of calming your mind and finding your best sleeping routine.



WHAT IS INSOMNIA?

Did you know?

INSOMNIA

Insomnia is a sleep disorder that affects around **10% of the population**. It can cause a person to have difficulty falling asleep, staying asleep, or getting restful sleep. Some common symptoms of insomnia include fatigue, daytime sleepiness, trouble concentrating, and headaches.

For example, it's such a common problem that it has been found that it regularly affects around **one** in *every three* people in the UK alone.



**CONSISTENCY
CREATES A
STRONG MIND**



INCONSISTENT CONTENT



Roots of poor sleep.

Why's and Who's

Why's

Roots of Poor Sleep

I **GET IT!** I truly do. I am a mum of two young children and it wasn't until recently that I managed to regain some of my 'true' 'me' life back.

But, sleep deprivation has roots in different situations. It could be that you are going through a tough patch in your life, a personal loss, you have reached a low point and you cannot get to a peaceful harbour.

It can be that you are suffering from a certain physical or hormonal illness or imbalance and that's causing sleepless nights or nights filled with intermittent hours of deep and light sleep or no sleep at all.

Or you are going through a menopausal journey that has taken a sharp turn downwards in your sleep and well-being.

Everyone's situation is different but ultimately the cause and possible solutions are very much the same.

Specific Reasons

- **Stress & Anxiety**
- **Poor Sleep Habits** – irregular sleep schedule, using electronic devices before bedtime, or consuming caffeine or heavy meals close to bedtime
- **Medical Conditions** – insomnia, sleep apnea, restless leg syndrome and chronic pain
- **Environmental factors** – noise, light, temperature, even uncomfortable bedding
- **Lifestyle Choices** – lack of physical activity, excessive alcohol, smoking, vaping, etc..
- **Mental Health Issues** – depression and other mood disorders
- Medications – some medication have side effects that can actually disrupt sleep pattern
- **Shift work or Jet Leg** – frequent changes in work schedules or travelling across time zones can disrupt the body's natural sleep-awake cycle
- **Age** – sleep patterns may change with age making it more challenging to get restful sleep

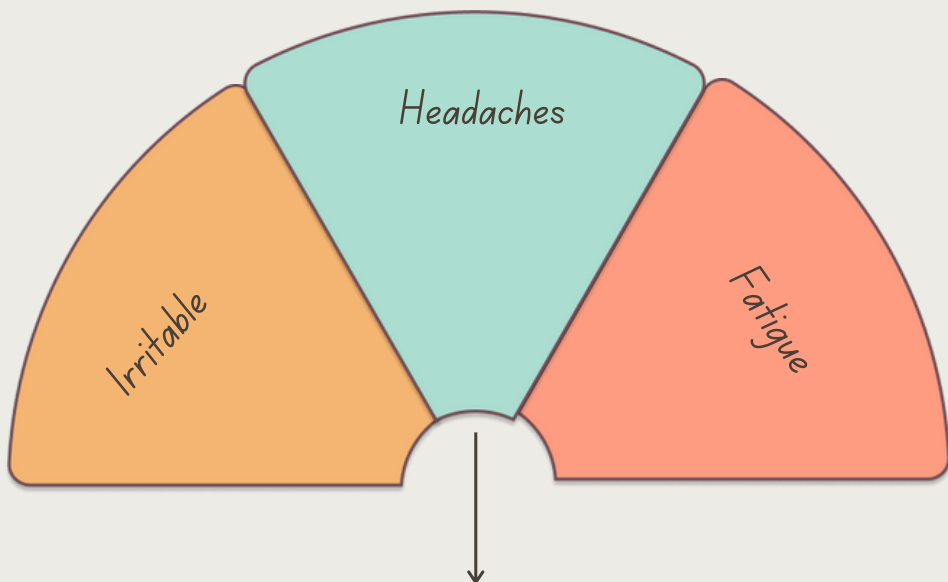
Who's

Who would benefit from this e-book?

Do you recognise yourself in this situation?

- **New mums** with a poor day and nighttime routine, as a whole **parents and caregivers**
- **Working business women and entrepreneurs**, with demanding jobs
- **Commuters** and people who travel long-distances for work, business trips and change time zones
- **Athletes and Physically Active people**
- **Elderly Individuals**
- Individuals **with Chronic illnesses**
- **Everyone** who is struggling from sleep deprivation or has poor sleep patterns

HINTS YOU NEED MORE SLEEP



TIPS WHERE TO FIND SLEEP HELP IMMEDIATELY

SLEEP WELL BOOKS

SLEEP CONSULTANTS

ONLINE FORUMS AND
APPS

SUPPORT GROUPS,
WEBINARS AND
WORKSHOPS

SLEEP HYGIENE

Five effective tips to establish a healthy sleeping habits

Stay clear of stimulants late in the day.



avoid beverages and foods that contain caffeine

Do a regular exercise.



regular exercise routine can help contribute to improved sleep.

Stick to a consistent sleep schedule.



going to bed and waking up at the same time every day

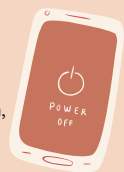
Create a relaxing bedtime/pre-bedtime routine.



any relaxing activity about an hour before bed helps creates a smoother transition.

Unplug an hour before bed.

Keep screen use to a minimum, at least an hour before bed,



Keep your room cool and comfortable.

ideal room for sleeping is cool, quiet, and dark.



Avoid foods that can disrupt sleep.

when you lie down right after a big meal, your digestive juices are still cranking.



SLEEP HELP **RESOURCES** THAT HELPED ME IMPROVE MY SLEEP

WELCOME TO MY LITTLE SECRET GARDEN OF 'REMEDIES'..

Resources	Features	Stars	Review	Where
Six Steps To Sleep Solution	Free best-selling E-Book, sleep mediation, Diet Guide & Weekly Planner		I read this eagerly because I am desperate for tips on how to sleep better. It is based around the revolutionary idea that when it comes to sleep what matters is not the hours you spend in bed but the quality of the sleep you are getting – your sleep efficiency. This book was full of surprises! -- Jeremy Vine	Click here
Drowsy Silk Sleep Mask	Face-Hugging, Padded Silk Cocoon for Luxury Sleep in Total Darkness		An instant improve to your sleep. I am confident, well-tested, every night.	Click here
Harmoni Pendant	• EMF protection • More energy • Pain relief • Stress relief • Improved athletic performance • Better sleep • Mental clarity		Dainty, beautiful fashionable and oh so wearable pendant	Click here
Chrono Boost Pro	My go-to sleep and energy supplement		Fast, Natural Sleep activator; Waking up 75% more-energized	Click here for info
Feather & Down Sweet Dream Pillow Spray	Research shows that lavender increases the type of brain waves associated with relaxation.		I love the smell, very calming and soothing. I still have sleep issues at times, and this seems to help take the edge off.	Click here

*Healthy Sleep Tip

Remember that we are all human beings and everything is a learning process, and it is totally ok to seek help when needed. Prioritise self-care and seek support to make the journey smoother and more enjoyable.

Sleep Tracker

Month Name

[illegible][illegible]

CONCLUSION

Embrace Your Journey

Remember, adjusting to a new routine takes time, so be patient with yourself.

Each day is an opportunity to get better. Don't hesitate to seek help or talk to a healthcare professional if you find yourself struggling to cope with your situation.

Always prioritize safe sleep practices recommended by healthcare professionals. Trust your intuition.

Here's to a **BETTER, HEALTHIER SLEEP!**

LINA COOK