

Yana Carstens
Holistic Life & Wellness Coach

The High Achievers' Guide to Quality Sleep

Sleep Hygiene to Recalibrate,
Realign, and Thrive

Intro

Do you wake up feeling tired? Wait a minute... isn't sleep supposed to re-energize and revive us?

You may have a hard time falling asleep, or maybe you wake up frequently during the night or are even experiencing insomnia. Those experiences are typical for ambitious women juggling work deadlines and family responsibilities.

You'd think you'd be so done by the end of the day, but nope... instead, our continuously worried and looping minds are robbing us of getting that deep, nourishing, rest-filled sleep.

So, we start running on a sleep deficit that eventually impacts us physically, mentally, and emotionally.



Do you want to wake up feeling fabulous and ready to take on the day instead?

Are you ready to unapologetically take charge of your well-being by making simple yet powerful shifts to your night routine?

If so, this blueprint will show you exactly how to amp up your sleep hygiene and implement a meaningful sleep routine that will lead you to a peaceful, deep rest leading you to wake up energized.

It's time to fearlessly start taking charge of your well-being. In this guide, I will show you how to do so in a holistic, fully embodied, mental, emotional, physical, and spiritual way, starting with reclaiming a restful sleep.

Sleeping Well Is...

A Skill

Would you believe it if I told you anyone could have a great night's sleep? It's not a dream (absolutely no pun intended). Anyone!

Regardless of your responsibility level, how exhausted you currently feel, and how long you've experienced poor quality and quantity of sleep.

To develop and incorporate sleep hygiene, all you need to start is the intention and a few tweaks until it becomes automatic.

In this blueprint, you will learn how to increase the quality of your sleep naturally by tending to your specific needs, leading to a unique sleep ritual customized for you.

How to Turn it Around?

What are some things we can try and do differently to reclaim our essential element of sleep?

We can make minor tweaks in several areas that will significantly impact how we fall and stay asleep.

Sleep hygiene includes tending to our mindset, environment, nutrition, and nighttime movement.

Mindset

What do you believe?

What do you believe about sleep? Do you wish to get it over with? Do you wish you could get away with less sleep than 7-9 hours? Or Do you embrace rest as an essential part of being human? Do you rush through your nighttime routine out of fear of not getting to bed in time? Or do you mindfully set yourself up for downtime? Do you wake up in the middle of the night and worry?

Our belief dictates whether to go to bed or watch another show. A healthy mindset on sleep will be rooted in the belief that **you are worthy of restorative sleep and living life as the best version of yourself**. You are worthy of love, joy, peace, and ease.

A belief that healthy sleep is achievable and comes easy to you. I used to believe that sleep was a waste of time. I spent time learning and experimenting with hacks and how to get by with 4-5 hours. Somehow, **I villainized sleep as this enemy of my productivity. When, in fact, it was always a dear part of being more productive.** When I changed my mindset around sleep, so did my sleep quality.

My Sleep Hygiene

Mindset Exercise

Imagine yourself closing your eyes with a smile. Imagine waking with a smile. Then, take a look at any of the affirmations on the right. Do you believe them?

Try It Out

Select 1 – 2 affirmations that resonate with you from the list and copy them into the fields below.

- My mind and body are ready to rest. I am in my sanctuary.
- I am grateful for my body. Sleeping is a natural state for me.
- I will enjoy a full night's sleep and will wake up recharged in my mind and body.
- I choose sleep, rest, peace, and relaxation over rest and worry.
- I am healing while I sleep.
- I am physically, mentally, emotionally and spiritually healing in my sleep.

Sensory Environment

What do you see, hear, touch, and smell?

During the pandemic, my bedroom was turned into my office. A couple of the corners in the bedroom were secondary dirty laundry piles. Books were collecting dust bunnies along the walls. My body could not find rest. So I enhanced my bedroom to a sleep haven and moved the work where it belongs to – an office.

What do you see, hear, smell, and touch in your sleep room? Your sleep haven needs to feel, smell, look, and sound like a sleep haven. And what that is to you is unique. After some time, it will be enough for you to walk into the room, and you will start to feel slumber-ready.

A slumber-inducing environment is a sensory experience that we can design, create, and give to ourselves.

In the same way, we walk into a spa or hotel room, and it just has the "vibe"; you can create your own relaxed and slumber vibe that matches your visions and desires. The personalized sensory experience you create will reach a deep part of yourself, letting you enter the bliss of sleep. **Having a sleep environment is that powerful.** So, let's start creating your own.

My sleep haven took on a new look and feel. My room is dark. The lights are dimmed as I get ready for bed. The sheets are soft and neutral in color. There are plants instead of dirty laundry piles. And there are soothing decorations that take the place of dust bunnies. Nature sounds are coming through the outside window and a sound machine. It's my magical sleep fortress. What will yours look like? All the pieces will be put together at the end of the blueprint. Let's allow the ideas to simmer still and move on to the next section.

My Sleep Hygiene

Sensory Environment Exercise

Try It Out

Answer the following questions. Enter the first thing that comes to your mind without judgment. Allow the answers to flow without judgment, even though they may not make much sense.

What do you see when you think of relaxation and serenity?

What do you hear when you as you consider relaxation and comfort?

What do you feel when you consider comfort and safety?

What do you smell as you consider comfort and relaxation?

Let's start adding some detail to your sleep fortress interior design. Answer the following questions. Allow the answers to flow without judgment, even though they may not make much sense.

What colors are present in your sleep fortress?

What color and texture are the sheets made of?

What hangs on your wall? Are there paintings? What are the images of?

What type of sounds can be heard?

Food & Drink

What do you eat, and drink in the evenings?

What we eat and drink before bed tremendously impacts our quality of sleep. For example, more than two cups of coffee daily will affect your sleep. Limiting caffeine intake to the morning or eliminating it will help keep you asleep.

Eating less than three hours before sleep or eating red meat will impact sleep quality as our bodies are busy digesting. Adding a warm, soothing beverage before bedtime, such as decaf tea or warm water with lime and honey, will have a soothing effect and impact how soon and deep we stay asleep.

My Sleep Hygiene

Food & Drink Exercise

Try It Out

Select up to two items to start. Either select one element to avoid + 1 element to add. Or choose two elements to add or two elements to avoid. Select whichever ones feel the most relevant for now.

Avoid

- **Red meat** before bed – it is hard to digest and as a result may cause frequent waking.
- **2+ caffeinated beverages** during the day – may make it hard to fall asleep.
- **Eating less than 3 hours** before bed – digestion process may keep you up.
- **Alcohol** – confuses our system and we wake frequently due to inability to enter REM cycle.

Add

- **Warm beverage** – soothes digestion and has a calming effect on the nervous system.
- **Decaf tea** – get all the benefits without the jitters.
- **Warm lemon, honey water**
Has the same soothing qualities of calming digestion, and helping relax the nervous system as tea.

I will avoid this food/drink moving forward.

I will add this food/drink moving forward.

Movement

The Body Loves to Move

As we all know, exercise has tremendous benefits; however, for some who exercise at night, it may delay and negatively impact their sleep rhythm. Consider exercising in the morning to reap the benefits of clean energy all day. Nighttime yoga and meditation have tremendous benefits to sleep. Winding down signals the body for rest and registers safety in the nervous system.

Consider a 5-10 minute yoga wind down before bedtime and a 3-10 minute meditation before bed. No screens, as the light impacts how our brain signals to our body, whether it's time to sleep.

Movement Exercise

Try It Out

Select up to 2 items to start with and add in the space below.

Add

- **Sleep time yoga (5-10min)**
- **Light stretch (2-5min)**
- **Meditation (5min)**
- **Night time walk (pet, or self)**

Personal Sleep Hygiene Blueprint

Now that there is much to consider let's create the sleep ritual that will lead you to your golden slumber, no matter your circumstances. Whether you are single or a parent of multiple children, your sleep challenge is unique, and so is the solution.

A cookie-cutter solution will not result in lasting changes. You are only creating rituals aligned with your individual needs and desires. What we are doing with this step is building a foundation onto which other elements are added to create a comprehensive, unique wellness experience that will lead you to your most authentic, vibrant, and powerful self.

You will find that it's not about adding an advanced gadget or popping a new pill, but it's about leaning into what your own body and self are guiding you towards.

When we choose activities that align with our innermost values, desires, and needs, even tiny ones, we set ourselves up to build lasting habits. New habits will naturally flush out all the things that don't serve you any longer.

My Personal Sleep Hygiene Blueprint

Let's Create Your Blueprint

Copy your answers from the previous exercises into the blueprint below. Follow your prescribed sleep hygiene for a week, then evaluate your results and record them in the journal sections.

Environment

Mindset

Movement

Food & Drink

I will start implementing this date (enter date).

Reflections

Congratulations, you just designed your custom sleep ritual! It is authentic and comes from your higher self, making it much more impactful for what you need at this point in your journey.

After one week:

1. Use the journal below to reflect on what worked well.
2. Consider adding or shifting elements until your sleep routine feels right.
3. Re-evaluate and recalibrate until your symptoms subside and you experience a high-quality slumber your body, mind, and heart so desperately deserve.

Week 1 Reflection

What have you found enjoyable about your sleep routine?

On a scale of 1 – 10, how much has your sleep improved?

What benefits are you noticing at night/during the day?

What element do you want to add or shift next?

What's Next?

I experienced severe sleep disturbances when I was burned out. I, too, ignored the subtle messages that, over time, added up and led to nighttime terrors, a hard time falling asleep and staying asleep, and insomnia. Creating my unique sleep ritual has been a practical, holistic, and fully customized solution. It's hard to believe that something so simple could have such a profound transformative impact, but it does.

I still stay up later than I should once in a while, and I don't do things perfectly. I occasionally stay way late to finish a project, which is okay. The difference now is that I know exactly how to put myself back into balance and never allow my body to run on empty or, worse, on deficit again.

I know what I need after a long night or project, and I know exactly how to care for my body, mind, and heart so that I recalibrate, realign, and take on the day as my most vibrant version of myself. And with just taking on this one pillar and bringing your own sleep needs into alignment, you will, too.



Congratulations

You are on your way to shamelessly prioritize your well-being by implementing a powerful sleep ritual. Yes, and yes!

I am Yana Carstens, a Certified Holistic Life & Wellness coach and previous leader and exec in the tech and design industry. I am on a mission to help ambitious working moms fearlessly prioritize their well-being so they can thrive in their careers and family lives without burning out.

If that sounds like you and you are ready to **be and do your best on your terms**, schedule a personal **discovery session** to see if coaching is the right next step for you.



To learn more about pillars of holistic wellness and how they apply to your wellness journey that will keep you burnout free and thriving follow my channel.



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