

SAMPLE CONTENT: *Get Great Sleep Now!*

1. Follow The Good Sleep Diet

- Eat some protein a few hours before going to sleep – low blood sugar is a big reason so many people wake in the wee hours. Protein can stabilize blood sugar
- Don't eat big meals for up to three hours before bed
- Limit and/or cut out caffeine, especially later in the day
- Limit alcohol consumption – alcohol can have a relaxing effect initially, but it can wake you up due to dehydration and low blood sugar

2. Create A Bedtime Routine

- Make an art of relaxing – use the stress techniques to relax, including deep breathing, journal writing
- Work out some every day – exercise improves breathing and reduces stress, but don't exercise within two to three hours before bed.
- Train yourself to sleep - have an evening ritual to help you relax, like a warm bath, lowering lights, reading a relaxing book
- Establish a winding down period – you need an hour to relax before going to sleep. This isn't a time for work or internet cruising, or watching 'heavy' news shows or things that may upset you
- Put TV and computers to bed early
- Do a nice slow stretch before bed – relieve knots, kinks and anxiety
- Find a mantra – repetitive phrases with rhythm that helps you reprogram your mind so you can sleep. Things like “resting, sleepy, tired, relax” or make up your own, something personal
- Visualize peace – get an image in your mind of something that brings you comfort and focus on that. A fond childhood memory, a loved one, a peaceful place
- Listen to relaxation tapes. Look for ones that play sounds and music on the same frequency as delta waves, the ones that your brain generates while you are falling asleep



3. Try Natural Sleep Aids

- Try some sleep time elixirs like Chamomile Tea, Sleep Tea, Bedtime Tea (health food store)
- Lavender and aromatherapy essential oils that help the body to relax. Place some on your pillow or dab some in your facial lotion
- Other herbal sleep formulas from the health food store and a trusted brand. Try herbal or homeopathic formulas with no side effects, and non-addictive



SAMPLE BIO

About Jane Smith, Health Coach

I work with busy corporate women and entrepreneurs to help them learn to create a happier life. I support them to have energy all day, overcome cravings and reach their ideal weight. My approach is one that helps clients integrate new changes and habits in a way that is manageable, lasting and without overwhelm. I'm passionate about helping my clients finally feel happy in their lives and with the person they see in the mirror, no matter what age they are.

As a former corporate employee, I myself lived on sugar and junk food and didn't know why I was tired all day. I was unfulfilled with my work and didn't have enough time to spend with my husband and two beautiful daughters. One day I woke up, after yet another night of poor sleep, and knew that there had to be more to life and my career so I could feel deeply fulfilled. It was time to prioritize my health and finally feel good again.



I decided to enroll in a training program with the INSTITUTE NAME, where I received my (certification, diploma, etc.) in FIELD OF STUDY in 2016. I was so inspired by the positive changes I made in my health, especially in overcoming chronic headaches and sugar cravings, that I knew I was meant to help make a difference in the lives of other stressed out busy women who want to feel great in their bodies and overcome health challenges.

My practice consists of private coaching programs, group programs and workshops on topics including Overcoming Cravings, Getting Rejuvenating Sleep, Creating Energy All Day and Having Glowing Skin. I work with clients in person and virtually, and feel such joy to be making a positive difference in the lives of my clients!

You can learn more about how I can support you to reach your health goals and overcome challenges in the way, by visiting (WEBSITE) or contacting me at (CONTACT INFO).

