

A high-angle, grayscale photograph of a laptop keyboard and trackpad resting on a white, wrinkled sheet. A fringed blanket is draped over the bottom half of the laptop. The text 'CONFIDENT YOU' is overlaid in large, bold, black letters at the top, with 'GUIDE TO BETTER SLEEP' in smaller, bold, black letters below it.

# CONFIDENT YOU

GUIDE TO BETTER SLEEP

# THE PLAN STAN

Hey there you, so you can't seem to get the kind of sleep where you settle in for the night and stay asleep until morning, waking rested and ready for the day, huh? Well, I hear you friend, I know that feeling well.

Sleep is SO essential to living a big life. There are a lot of people who say a lot of THINGS about success, confidence and living your best life, loads of them. There's a lot of advice, guidance and heck, I plan on giving some of it myself. BUT so much of it comes down to you being well, fit and able in your best self. And sleep is a major part of that.

But not everyone agrees with that. Some would just prefer more hours in a day, perhaps? More employees. More everything. But more sleep, pfffffft. No way. Well, I'm going to call bullshit and say that with more sleep you will function more effectively, waaaaay more efficiently and get the things you need to done do faster, better and live your life in a more balanced way.

And don't we ALL want that.

It's a common complaint, not enough sleep, no time for it. Don't need it. Too busy. Not enough hours in the day. It's something of a badge of honour these days to be busy, somewhat exhausted and sleep deprived. But it's letting you down in so many ways. If there is a way you can increase the length and quality of your sleeping hours, you should do it.

Go for optimal performance, right? Work your way through this simple guide, develop your own nighttime routine and start getting better sleep before you know it.

Unless you have a little person hell-bent on keeping you awake, this guide will help you prepare for better sleep which over time will mean you're sleeping better. And if you do have those little people, we've seen these simple steps work with them too. You know, sometimes. Haha.

Suger x

# ONE.

Prepare for a good night sleep with a good routine. If possible, your wind down to bedtime should start hours before you intend to go to bed to sleep. When you have a good bedtime routine in place, you will ease your body into shutting down into sleep mode. Think of it like a power off for your pc. It goes through the checks, works it's way to shut down and then sleeps. Make as much time as you can to create your own bedtime routine and use the tips below to make it as effective as possible.

CREATE YOUR ROUTINE.

# TWO.

Have a reasonable bed time in mind for you to sleep, before 10pm is best if you can swing that. Which, if you ask my family, I have never been great at. But I try. You can then work back from here to set a reasonable time to eat your last meal of the day, wind down with some stretching or breathing exercises and start to unplug from the outside world.

SET YOUR BEDTIME.

# THREE.

Lay off the hard stuff team. As you start your nighttime routine it's a great idea to lay off anything that could be considered a stimulant. This goes for food and drinks, as well as excitable music and tv. Winding down takes time so if you are watching that heart racing action film moments before bed, you're just not going to give yourself enough time to sleep. Save that for the weekends when you've got more time the following morning to recoup the later night and stick to decaf style programming.

EASY DOES IT.

# FOUR.

You, my friend, are one wound up creature. Busy people, people after big things for themselves, always are. Well, always start out that way. So as part of your nighttime sleep routine, find something you can do to relax. It might be an extra minute or two in the shower taking some long deep breaths, it might be stretching before bed or a short walk around the block. Whatever it is for you, find a way to wind down, let go of the day and prepare for sleep.

FRANKIE SAYS RELAX.

# FIVE.

Bye bye baby, or iPhone/iPad/Kindle/Laptop etc etc. It's time to remove these items from your bedroom during sleeping hours. I know, I use my phone as an alarm too, but it's just too tempting (and hello, all those notifications, yuck) to pick them up if you're slow to get to sleep. So banish them. Set up a charge station in your kitchen and lounge and before you go to bed to sleep, shut them down and take them out of the room.

But what about things like TV or radio in your bedroom. I hate to tell you folks, but it might be time to banish those babies too. It's become a bit of a thing, to have a tv in your bedroom but falling asleep in front of the tv can make your sleep patterns all wonky and make you more prone to waking up during the night. My guess is that it's something to do with it shutting off or loud noises in later programming, but whatever it is, our aim is to be asleep all night so shut them off, cover any blinking lights and commit to giving it a go.

You may even find certain other bedroom departments improve with these items gone. Wink wink. Come oooon, you know that's a win too. Haha.

BANISH THE DEVICES.

# SIX.

The space you sleep in is almost as important as the steps you take to get there. We already banished the devices, so now it's time to make it delicious and dark in there to trigger all sorts of sleepy time in your brain. Try things like black out blinds, heavy curtains and making sure your door is closed. Cover any flashing or blinking lights on remaining electronics. I have no idea how people sleep with those things blinking at them... I'm talking to you motel room digital clocks. Yuck.

NO AMBIENT LIGHT.

# SEVEN.

Now, it's time, you lay in bed and find yourself staring at the ceiling for goodness knows how long. You've done all the prep-work and you can't sleep. Don't panic. I heard once on Oprah that if you drop off to sleep TOO quickly, it's actually a sign of sleep deprivation. So chill, you're all good. Don't overthink it. Just lay there, breathe in and out and let the thoughts flow in and out of your head. It's like a basic meditation. And soon, you will be sleepy. Probably. Haha. Sometimes my head won't co-operate no matter what I do. Remember that that is okay too. Keep looking for an activity that suits you to wind down.

Great ways to relax prior to bedtime is with a warm tea (pick something herbal and relaxing), a warm bath or shower (not too hot or that will kick start your body into overdrive), read a good book or simply spending some time in your home, quietly with low light and pottering around.

JUST, CHILL.

# EIGHT.

Now, it's time to set this routine in motion. Learn what works for you and set it into action. Schedule it out from a few hours before you go to bed, wind down, relax and ease into bedtime so when the time comes to sleep you're ready. Do it day in, day out and reap the benefits of more sleep, better sleep, in no time.

RINSE, LATHER, REPEAT.