



BEST SLEEP EVER

Why sleeping is one of the most important things you do every night!

SLEEP IS NOW A PRORITY

Sleeping is single-handedly one of the most important things you do throughout the day. How good or bad one's sleep is will affect their day. In essence, sleep is **vital** for restoring energy, repairing tissue, and maintaining overall health. Without adequate sleep, our cognitive functions, emotional balance, and physical health can all suffer. But the thing is... you are not JUST sleeping. **You are HEALING, MANIFESTING, and RELEASING** through your dreams. In order to feel your very BEST and accomplish your goals, you will choose to make getting good, healthy sleep a GOAL

Magic Number

Mr. Kappas proposed a model where each person starts the day with a "**magic number**," representing how many message units you can handle before reaching "message-unit-overload." The number starts high and decreases with each message unit you take in until it hits zero. When it hits zero, it makes a sound *ding* that signals your mind is ready for sleep. If someone reaches their *ding* BEFORE sleep is possible, this will cause them to respond with a conditioned response (fight/flight/freeze).

Message units are drove by emotions, this means that the more intense emotion(s) the message unit triggers, the faster your energy will drain; this will make you feel stressed/frustrated/edgy more easily. Likewise- less important message units hold less energy.

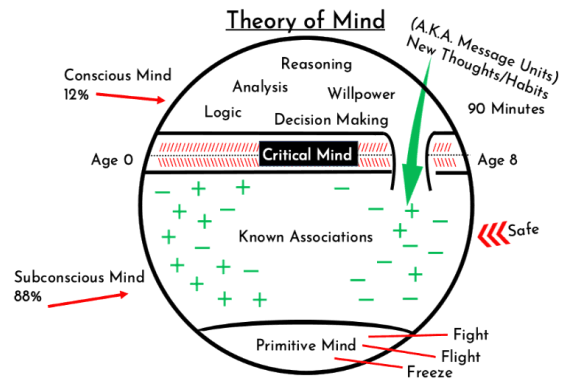
Theory of Mind

From the moment we are born, we start associating experiences with specific responses, which become our **knowns**. These make up our *subconscious mind* and can be referred to as our modern memory. The **critical mind**, which develops around the age of 8, can be divided into two parts: an upper half in our **conscious mind** and a lower half in our **subconscious mind**. When a thought enters our **conscious mind**, it remains there consistently for about 1.5 hours. It stays in the upper half of the critical mind for up to 24 hours, or until we **sleep** or are **hypnotized**.

We've had to extend our primitive responses of fight and/or flight to our modern world. Long ago, we could act upon our autonomic responses of survival by either fighting a predator or running away. As we evolved as a civilization with our laws, morals, and social customs, we started choosing not to act upon our responses when they were triggered, using instead our conscious minds to control our actions. However, with everyday stressors, our autonomic responses continue to be triggered, and that can create problems in our lives.

Fight Response: Boss triggers you @ work > System Activated (But Can't Hit) > **Reaction** (Anxiety) > **Action** (Go to Gym, Go for a Run)

Flight Response: Boss triggers you @ work > System Activated (Can't Run Away) > **Repression** (Stuff It!) > **Depression** (Want to Sleep More)



The shorter the period a thought spends in the conscious part of the critical mind before moving down and getting accepted or vented in the subconscious part of the critical mind, **the less distorted or diluted it becomes**. For instance, doing our sessions in the evening or listening to your tape in the evening, the closer to sleep allows thoughts and ideas to stay in the conscious portion of the critical mind for only a short time before they drop into the subconscious, where they are either accepted or vented.

Let's imagine for a moment that when you go to sleep at night, there are little, tiny workers in your mind doing all the work for your dreaming: sorting information out, predicting the future, and discarding old associations that are no longer needed. Now, let's imagine that these workers are going to work as hard as they can with what they have. How hard do you think they will be able to work if they are consuming processed sugary food, alcohol, marijuana, or even a barbiturate or two? Meanwhile, they are undergoing a tremendous amount of stress and lack of sleep. To put it into perspective a little, how hard would it be for you to go to work if you were under the influence? Would you get a lot of work done? Would you get your work done efficiently? Could you honestly say that you could do the best job possible under those circumstances? Chances are, probably not.

However, when you pack your body full of delicious and nutritious foods, drink your water to stay hydrated, and set up a bedtime routine for success, those little workers in your brain will be motivated, strong, clear-thinking, and determined to do their very best job possible. The same applies to you during the day as well.

Knowing this information and the importance of sleep and dreaming, moving forward, healthy and efficient sleep will become a goal you strive to reach each and every night.

The recipe for the BEST SLEEP you DESERVE

1. **PICK A CONSISTANT SLEEP AND WAKE TIME & STICK TO IT:** Sit down and analyze your current sleep/ wake times. Aim to shoot for a time that is going to work for you every day of the week. Set your ideal sleep and wake hours and be disciplined with yourself! Our body and mind are constantly searching for routine and consistency.
2. **EAT A NUTRICIOUS DINNER WITH A LARGE CUP OF WATER:** Staying properly nourished and hydrated is KEY for success in all areas of your life. Avoid alcohol, sugary or processed foods at all costs!
3. **STAY AWAY FROM ELECTRONICS ATLEAST 1 HOUR BEFORE BEDTIME:** Blue light inhibits the body's natural ability to produce melatonin (sleep hormone). It's important that you are shying away from late night scrolling, TV, or sending last minute emails. Rather than exposing yourself to the intense stimulation, consider a calmer activity such as reading a book, coloring/drawing, playing a card game/puzzle, or even doing some wind-down yoga!
4. **CREATE A CALM/RELAXING BEDTIME RITUAL:** Again, our body and mind CRAVES routine! Treat yourself much like a mother would to a newborn baby. Pamper yourself with a hot shower/bath, lather up in some natural lavender lotion, rewrite your affirmations, and/or journal about all the GOOD that happened during your day. **REMINDE YOURSELF THAT YOU WILL WAKE UP FEELING REFRESHED AND READY FOR THE DAY!!**
5. **HAVE A SMALL, PROTEIN DENSE SNACK BEFORE BED:** Protein is vital for keeping your blood sugar levels stable throughout your sleep. Consuming a small protein dense snack such as a hard-boiled egg, some Greek yogurt, or a serving of almonds, will ensure that you will have stable levels throughout the night and wake up refreshed, energized and ready for the day.