

YOUR ROADMAP TO BETTER SLEEP

WITH NICKY DYE



TRACK YOUR SLEEP

- Get a true picture of how you sleep
- Discover your personal Sleep Saboteurs
- Check out your mood and energy levels throughout the day

IDENTIFY YOUR SLEEP TYPE

- Identify your personality type - creative, competitive or caring
- Notice your sleep patterns

UNDERSTAND YOUR BODY

- Do you have a regular bedtime routine?
- Slow down your breath to trigger your relaxation response
- Try stretching out to release muscular and mental tension

RESTORE YOUR ENERGY

- Put energy back on the grid by putting your feet up, literally!
- Instead of reaching for caffeine, take a few mins to just breathe
- Listen to your body when it wants to rest, rather than pushing thru

MANAGE YOUR MIND

- Wind down with a chat or a cup of herbal tea
- Calm the mind (and your brainwaves) with meditation
- Write tomorrow's to-do list so that you can put work to bed

CALM YOUR EMOTIONS

- Breathe gently in/out thru the nose when you're feeling overwhelmed
- Try gratitude journaling - write down what/whom you appreciate
- Notice any negative or repetitive thoughts, and replace with good ones!

LIVE THE LIFE YOU DESIRE

- Are you living the life you want to live right now?
- Resolve to change what you can and accept what you can't
- What are your personal values? What's important to you?
- Wake up happy and refreshed

WHO AM I?

Sleep Recovery Teacher
Shiatsu Practitioner
Therapeutic Yoga Specialist
Founder of Claygate Yoga Clinic
and former Well-Being
Ambassador for British Airways.

I am passionate about helping people restore their natural ability to sleep and unlock a life of energy and potential.

E: nicky@claygateyogaclinic.co.uk

WHERE ARE YOU?

Tell me where you are according to this Sleep Roadmap? What area do you need more clarity in? Let's connect and find out what your specific sleep and energy needs are..

Tell me more



Nicky Dye

M: 07754 080300

E: nicky@claygateyogaclinic.co.uk

www.claygateyogaclinic.co.uk

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