



Get Better Sleep Guide for Adults and Older Teens



**Top 5 Sleep Tips for a healthy,
happy and rested sleep**

A Discovery Guide to help you sleep better

TOP 5 SLEEP TIPS FOR A HEALTHY, HAPPY, AND RESTED SLEEP

Welcome!



**Have you been struggling to sleep? Having difficulty falling asleep or staying asleep?
Are you ready to sleep better?**

You are not alone...

It's so hard to know where to start.

You find yourself tossing and turning night after night.

Not sleeping is not easy!

You want better sleep and you know there has to be a way to start to get better sleep.

I am here to help you get better sleep

In this discovery guide you will learn my top tips to get you sleeping better for a healthy, happy and rested sleep.

Soon enough, you will:

- **Have an easier time falling asleep**
- **Stay asleep during the night**
- **Start getting more hours of sleep at night**
- **Wake up better rested in the morning**

Start using one or all of these tips and go from being exhausted and frustrated to confident and hopeful that you can sleep better.



#1 Keep Tech out of the Bedroom

The blue light that comes from our screens, whether it is a TV, tablet, e-reader, or smartphone tricks us into thinking it is still daylight and makes falling asleep harder. Our bodies don't recognize the signs that helps us determine it is time for bed when we use screens before bedtime. The LED light from the screen can overstimulate the brain and make it hard to switch off for for bed.

TIP: eliminate all screens AT LEAST one hour before bed and set boundaries with technology to allow a wind down time before your head hitting the pillow.



#2 Establish a Consistent Sleep Pattern

Our bodies crave predictability even at bedtime. Having a consistent sleep and wake time each day helps to keep your 24 hour body clock in sync. This makes going to bed and waking up easier. It also promotes a more restorative and restful sleep, allowing the body to fall into deeper sleep.

TIP: Go to bed and wake at the same time each day to help regulate your sleep. Avoid sleeping in on weekends.



Ask me to send you my article about the impact of technology on sleep

#3 Movement

Moving our body daily helps to set the body clock to regulate our bodies to know when to be active and when to rest.

Create opportunities to be active and move is a great way to help fall asleep faster. Our sleep pressure builds up with movement and how long we are awake.

Think of your sleep pressure as a balloon. If you do not move enough or there is not enough wake time between trying to fall asleep, your balloon will deflate before the night is up.

TIP: Move AT LEAST 30 minutes per day. Keep naps short and end by 4pm.

#4 Create a bedroom haven

Create a sleepy bedroom environment by keeping the bedroom dark, quiet and cool. This will keep the body and brain in sleep mode longer.

Keep the bed for sleeping only. This will help build the association for bed with sleep. Our bedrooms can easily become home offices and entertainment areas.

The bedroom can be a sensory experience - sounds, smells, lighting and "stuff" on the floors and walls can make falling asleep difficult. Create a calm bedroom environment and consider all the senses with the bedroom, bedding and night time clothes.

TIP: Remove distractions. Has your bedroom become a catch-all room?





#5 Get up if you cannot sleep

There will be nights where you just cannot fall asleep. Staying in bed when you can't sleep teaches the brain and body to stay awake and you are staring at the clock for hours. The idea is to re-train the brain that bed = sleep. If you haven't fallen asleep within 20 minutes and you don't think you can fall asleep, get out of bed, or at least stop trying to fall asleep.

TIP: Get out of bed and go to another room to engage in a quiet and restful activity until you feel sleepy.

Are you ready to sleep better?



How I can help you get the healthy sleep you deserve

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Hi I'm Joelle Hill



I am a sleep consultant, owner and founder of Hill Family Solutions. While I began with supporting parents to get their child with special needs sleeping better, I was frequently asked about adult sleep. Once their child was sleeping better, they still weren't sleeping. So, I did my training for supporting teen and adult sleep struggles.

Not sleeping is not easy! You've likely read articles and know about sleep hygiene tips and sleep is still not coming easily for you. Whether your brain is having a hard time quieting or you wake up before you want to, you are not feeling rested.

Not getting healthy sleep has an impact on your overall physical and mental health. It impacts your relationships, mood and immune system.

I provide education and support to help you get to the issues with your current sleep struggles. With a detailed account of your current sleep situation and guidance while you make the changes, I am here to support you.

From falling asleep faster, dealing with the middle of the night awakenings to getting more sleep, change is possible.

What would it mean for you if you were sleeping better?

Ready to get started?

Schedule a Discovery Call with me if you are ready to get you sleeping better with confidence and support that your family can get a better night's rest.

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