

Sleep Success

Your Guide



Healthy Best You
Pilates Therapy & Radiant Living

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The Sleep Success Guide:

- What is your sleep routine
- Getting Off to Sleep
- Breathing for Relaxation
- How it All Works
- Unlock Restful, Nourishing Sleep in 10 Simple Steps

Sleep is essential for overall well-being, yet so many women struggle to get enough restful sleep.

This guide provides practical tips, a bedtime planner, and insights into how to reclaim your nights and wake up refreshed.

What's your Sleep Routine?

Establishing a beneficial bedtime routine is vital to a good nights sleep. What do you do on the run up to bed-time?

Write your current routine here:

What could/can you change?



If you feel you have lots of changes to make, think about doing one or two per week. A wholesale change can be disruptive and therefore counter productive.

Try and keep the same routine every night so you body begins to pick up the signals of sleep, and a good night time routine is one of the signals for sleep.

Think about how that routine could be maintained if you werent at home: travelling, on holiday, a guest in a house. What changes could be made, but what could stay?

Getting off to sleep...

What is your bedtime routine?

Do you just leave the couch and flop into bed, or do you have a way of doing things to help you wind down?

Here are a few things that might help...

- 1. Choose a realistic bedtime and go to bed at the same time every night. Don't try to get more sleep by going to bed early.**
2. Spend an hour or so before bed relaxing and preparing yourself for sleep. Avoid drinking caffeine drinks like coffee, cola and tea.
3. Apart from one small glass of red wine (which contains an alkaloid which can aid sleep), avoid alcohol.
4. Milky drinks, hot or cold, and herbal teas containing chamomile or valerian can be helpful.
5. Develop a routine that you can repeat each night, e.g., half an hour without the TV/computer, check windows and doors, have a warm bath or shower and clean your teeth.
6. Avoid watching TV, reading or eating in bed, unless you know from past experience that these activities help you get to sleep.
- 7. Set your alarm and get up at the same time each day, regardless of how much sleep you think you had.**

Points 1 & 7 are important parts of establishing a new sleep pattern.

Getting off to sleep...

- Don't think about getting to sleep - you are resting even if you are not asleep.
- Try not to worry about things when you are in bed.
- Chances are there is NOTHING you can do about them at that time of night. If anything does prey on your mind, write any problems down on a sheet of paper - they will wait until the next day.
- Instead of worrying, think of pleasant places or events, try using distraction and mental relaxation exercises.
- Try and get all your muscles as relaxed as possible in bed. One way to help with this is to use diaphragmatic breathing or listen to a relaxation track.
- If you are unable to get to sleep after 20 or 30 minutes GET UP!
- Do something different: go into a different room, keep warm and keep the light levels low, try reading or some relaxation.
- Avoid television or computers. Return to bed only when sleepy.

Breathing for Relaxation

Preparation:

- Sit or lie comfortably with your body supported.
- Place one hand just under your collar bone and the other on your abdomen.
- You can close your eyes if you like.
- Begin to breathe in through your nose and out through your mouth.
- Breathe into your lower hand: the one on your abdomen.
- Establish a slow and steady rhythm to your breath.
- Breathe in for 4 counts, pause slightly at the end.
- Breathe out for 6 counts and pause slightly at the end.
- Continue this breath pattern for about 5-10 minutes.

Breathe in for
4 counts



Pause

Breathe out
for 6 counts



Pause

How it all Works

Breathing for relaxation sets off a chain of events which cascade into the body allowing it to relax.

The body has many responses to stress; regardless of its origin.

To help reverse the stress response we use the only physiological response we can control - our breathing.

We breath a 'sigh of relief' when a stressful situation has ended, which creates a domino effect on the bodys actions.

The sigh of relief causes the body to release a chemical call acetylcholine, which signals to the body that it is time to relax.

We can consciously mimic this reaction be learning a simple breathing techniques called diaphragmatic breathing.

It is easy to do and one learned it can be done anywhere. It is an easy technique, but does need some practice.

Breathing Tips...

- Imagine the air by-passing your chest going down to your abdomen.
- Your chest should stay fairly still.
- Keep the movement gentle.
- Try it when you feel you are getting stressed and notice the effect you will feel
- When you feel you've got it, try it anytime there is a natural pause in your day, e.g., when you are waiting for the kettle to boil.

Relaxed breathing doesn't mean deep breathing – let yourself breathe at your natural pace and frequency.

Keep breathing at a pace that feels natural to you.



10 Tips for Better Sleep

1. Stick to a consistent sleep schedule.
2. Create a calming bedtime ritual.
3. Avoid blue light from screens before bed.
4. Eat foods that promote sleep.
5. Exercise, but not too close to bedtime.
6. Keep your bedroom cool and dark.
7. Practice stress management techniques.
8. Consider natural sleep aids like magnesium.
9. Monitor your sleep cycles with a tracker.
10. Limit naps during the day.

Sleep-Friendly Recipe

Warm Almond Milk with Cinnamon:

A soothing, calcium-rich drink to promote relaxation:

Ingredients

- 1 cup unsweetened almond milk
- 1/4 teaspoon ground cinnamon (plus extra for garnish, optional)
- 1 teaspoon honey or maple syrup (optional)
- A pinch of ground nutmeg (optional)

Instructions:

- Pour the almond milk into a small saucepan and heat it gently over medium heat. Do not let it boil—just warm it through.
- Stir in the ground cinnamon. If you're adding honey or maple syrup, mix it in now.
- Once warmed, pour the almond milk into your favourite mug.
- For an extra touch, sprinkle a bit of ground cinnamon or nutmeg on top as garnish.
- Sip slowly and enjoy as part of your calming bedtime ritual.

This drink is naturally dairy-free, and comforting, and helps promote relaxation with its gentle warmth and soothing flavours.

Perfect for unwinding after a long day! 🌙



Better Sleep Planner

The Sleep Success Guide

Plan your evening routine to wind down effectively. Use this space to jot down your ideal bedtime habits.

Pilates for Sleep

Gentle Pilates exercises can help relax your body, lower stress, and prepare you for a restful night. Consider trying our Sleep Transformation Programme for tailored support and change.

Sleep Tracker

Use a tracker to log your sleep patterns for one month. Note your bedtime, wake-up time, and how you feel in the morning.

Your Next Step

Ready to dive deeper into restful sleep? Join our Sleep Transformation Programme for expert-led Pilates workouts, habit transformations, and more tools to support your sleep journey.



SLEEP TRANSFORMATION PROGRAMME & ONLINE RELAXATION SESSIONS TO HELP YOU SLEEP BETTER



14 days to help change your sleep outcomes.



Online Class:
Breathing to Reduce Stress



Breathing to help calm the nervous system



Online Class:
Stress Less Pilates



Set down firm foundations for your future sleep success



Online Class:
Flex - Mobility & Flexibility



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