



The Ultimate Guide to a Good Night's Sleep

for Busy Modern Women



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Thanks for downloading this guide to make sleep your superpower!

I'm Bec and I help passionate high achieving women to beat overwhelm and exhaustion so they can have limitless energy and empowered resilience.

So you can power through your day with confidence, clarity, conviction and courage. Supercharged!

I enjoy supporting those who love achieving their career goals but who also potentially may have lost sight and control of their health priorities along the way. Sound like you?

This Guide is right out of my toolkit when I work with clients, and it's just one part of my signature system for solving and fixing fatigue.

Without it, you'll continue to feel like your body battery is running on empty and your broken sleep is sabotaging your health and energy levels.

With it, you'll have a clear guide on how to win the sleep Olympics, so you feel re-energized and ready to tackle your day with joy and purpose

Hope you enjoy this guide; it's certainly loved by my clients, and I know that if you follow it, you're well on your way to living your best life.

*From my heart space,
Bec*



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Let's make sleep your Superpower again!

Getting a good night's sleep is key for good health and energy levels, yet many women struggle to either fall asleep or stay asleep.

I am on a mission to fix that for you! Why? Because....



Broken sleep and waking 2-3 times per night or even 'once to wee' is NOT ideal and creates a giant list of health issues.



Sleep disruption impacts weight release and can set you up for easy weight gain (and make it impossible to shift those kilos).



If you have poor sleep your detoxication and the clearing of toxins may become sluggish and your mental capacity diminished.



So your body cant get rid of toxins well, becomes sluggish, this ultimately affects your brains ability to concentrate, you have brain fog and no mental clarity.



Mood wise you may be easily agitated, have zero patience, a reduced tolerance level and low productivity.

Causes of Poor Sleep



1. Low Melatonin Levels

Melatonin is the body's sleep hormone, it regulates night and day sleep-wake cycles. Darkness triggers the body to make more melatonin which signals the body to sleep.

When you have underlying inflammation and infections, deal with chronic stress, have nutritional deficiencies, imbalances or toxicities or lack daily sunlight your body has a reduced capacity to create enough melatonin.

Supplementing with melatonin (long term) is worrisome, best to consume all the "pre-cursors" so we can make our own supply * ([Source](#))

So if your body doesn't make enough melatonin you simply will take longer to get to sleep or you will wake several times during the night. Tomorrow's productivity may be affected.

2. You are not Eating Enough

Starvation, deprivation, and not supplying your body with enough nutrients for energy is very stressful on the body.

We need energy to sleep, to regenerate, to run your body well fuelled and recharged.

Nutrient deficiencies severely impact your capacity for a good night's sleep.



3. You have a Mineral Imbalance or Low Minerals

The big 4 minerals that play a role in adequate sleep are calcium, magnesium, sodium, and potassium.

When these become imbalanced (due to stress, nutrient intake, taking the wrong supplements, medications, toxic overload) your energy systems, your body's ability to release toxins, hormone balance, and therefore sleep is compromised.

Which is why I love working with the Hair Tissue Mineral Analysis (HTMA) to check your mineral status.

4. Your liver is angry!

During sleep your liver works hard to clear toxins and if overloaded, your sleep will be broken.

If you are waking between 2-4 am this is an indication your liver is struggling at its most active time and needs some support.

The liver needs to function well for estrogen clearance (hello night sweats) and for blood sugar balance (hello intense hunger during the night).

If your mind is racing, these are all signs your liver is under stress, it will become sluggish and everything needs to work harder. There are strategies to support this.



5. Bad sleep environment.

Are you using 'screens' in bed? Light will keep you 'awake' and the exposure from iPad, computers, mobile phones all contribute to 'white light' that stimulates cortisol production which is not needed (and will decrease melatonin production). Cortisol helps regulate your stress response, when you need to be in fight-and-flight or rest-and-digest. Sleep time means low cortisol output is ideal.

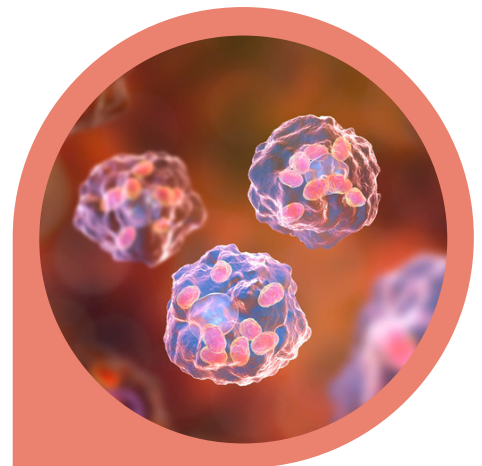


6. Underlying health issues.

Chronic infections like mould exposure, candida, parasites, Lyme, or other co-infections slow down the body's efficient function.

Energy is diverted away from regeneration and healing while you sleep to deal with these 'stressors'.

When your nervous system is dysregulated or there is underlying trauma chronic sleep issues arise.



7. Too much stress.

How are you responding the stress? Can you truly wind down? So in all honesty no one likes to tell me they are stressed? Even though generally when health starts to unravel there are a lot of stress drivers.

Stress is not just emotional, physical and psychological but underlying issues that the body is trying to communicate needs your attention.

Blood sugar issues can lead to chronic exhaustion, continually getting sick and a compromised immune system letting you know something needs to be addressed.

It may be nutritional deficiencies, imbalances or toxicities, gut nutrient absorption (of minerals), digestive issues.

How everyone responds to “stress, overwhelm and busy-i-ness” is unique, your body responds sometimes without you even being aware.

Did you know I can look deeper into how your body is responding to stress and then we work on a strategy to resolve those triggers.

This allows your body to feel safe, to function optimally.



Let's make sleep your Super Power

7 strategies to Super charge your sleep!



1. Incorporate tart cherry juice (100% organic) as a daily ritual.

Containing anthocyanins this helps stimulate natural melatonin production in the body and is superior to supplemental melatonin.

1 Tablespoon- 240ml daily to support your body's natural healing and deep sleep. Here was an online stockist [Tart Cherry Juice | Buy Organics Online](#)



2. Limit screen time before bed – if you have sleep issues it is best to limit screen time 2hrs before bed or get blue blocking glasses. Find a good book or try meditation or tapping.

On rising be mindful you need to be exposed to sunlight with 30-45mins of waking to stimulate your natural circadian rhythm.

My recommendations [Blue Light Blocking Glasses with Negative ions & FIR - EZEKIEL-ION](#) worth the investment.



3. Natural Remedies and Night time Tea

can help you wind down (but don't rely on them solely to solve your sleep issues).

Lavender in an oil burner promotes relaxation and calm. Taking magnesium (glycinate) before bed is highly recommended.



4. Meditate – of course!

To clear your energy and calm your mind. Do this guided, or sign up to a Meditation Course to get you started. (Hint: use @CalmApp or google 15 min meditation on YouTube)

Struggle with meditation, try deep breathing on YouTube OR Tapping (with Brad Yates, google) Make this a DAILY ritual – its important.



5. Fix your sleep environment.

Is your room a sanctuary? Clean, tranquil, organised, not hectic, messy? The energy of your room affects your sleeping power.

Temperature is important, also air quality (if you are a mouldie, suffer with exposure you need an air purifier, dehumidifier). No mobile in your bedroom (sorry).

Comfortable bedding and a non-toxic mattress are important to your sleep experience. You spend a lot of time sleeping!



6. Consider your dental health and breathing.

Do you grind your teeth? Are you a 'mouth breather vs nose breather'?

Would you consider mouth strips to train yourself to breath better with more oxygen to the brain?

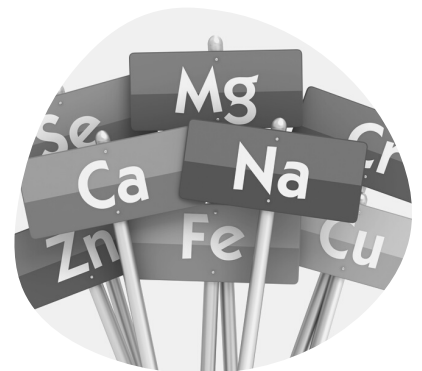
Ask your local pharmacy for safe oral strips or google Myotape (worth the investment)



7. Start a strategy to deep dive into your functional (root-cause) health that may be contributing to your poor sleep.

Consider Nutritional deficiencies and imbalances, your possible liver dysfunction, digestive gut issues (leaky gut, etc), adrenal depletion, online mould trigger testing.

I do this with my clients, see the next page for a way to find out more!



NEXT STEPS



You now have a formula reclaiming sleep as your superpower.

But here's the thing... for most busy women it takes more than this alone to truly regain energy, balance hormones to release weight effortlessly.

That's why the Supercharge Your Sleep is just one part of my complete method.

There are so many other elements that all need to be working together so you can finally take control of your health and have a clear strategy and path forward for limitless energy (and weight release to feel a million dollars)

If you would like to explore what else may be causing you overwhelm, exhaustion, fatigue and potential burnout, and find out what is stopping you from rocketing out of bed every morning excited to dive into your day, then I invite you to book in for a FREE 20-minute discovery session now.

I only have a small number of spots for these calls each week, so click now on the link below and grab your spot!

<https://bit.ly/3ux4m7w>



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