# This Yogi Mama's Ultimate Guide to Sleep

from Heather Reeves Yoga





## WHY IS SLEEP SO IMPORTANT?

A good night's sleep sets us up for success throughout our entire day. Everybody is different in the amount of sleep they need

The positive effects can range from improvements in mental and phiysical health, increased immune systems, weight loss, and so much more!

#### HEATHER'S ADVICE...

The following are Heather's Keys to get your deepest sleep each night and to gain all of these amazing benefits for yourself!

### HEATHER'S #3 TIP

#### USE ESSENTIAL OILS

Diffusing the perfect blend of essential oils in your bedroom 20 minutes before bed will create a sanctuary to fall asleep peacefully each night.

#### SWEET DREAMS DIFFUSER BLEND

In your diffuser place:

- 2 Drops Balance Blend
- 1 Drop Patchouli
- 1 Drop Vetiver
- 1 Drop Juniper Berry

This combination will lighten the scent of the room while bringing in calming energy to help you dream peacefully after a long day.

### HEATHER'S #2 TIP

#### A BREATH PRACTICE FOR SLEEP

Your mind has such a deep connection to the breath.

Choosing the right breathing patterns can help you

come down from stress and massive to do lists.

A breath and meditation practice will calm the mind and body to help you relax before bed.

### TRY THIS MEDITATION FOR SLEEP AND EASE:

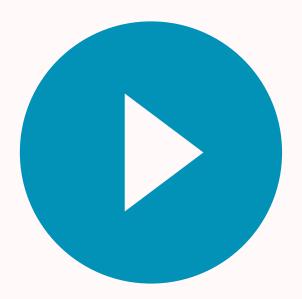


### HEATHER'S #1 TIP

#### RESTORATIVE YOGA POSES

Much like breathing can help calm the mind, a great sequence of movements before bed can release the tension in your muscles and allow your body to relax into a deep sleep.

# TRY THIS QUICK YOGA FOR SLEEP VIDEO:



## LASTING CHANGE CAN HAPPEN OVERNIGHT

The changes that come to your body after a good night's sleep are truly mind blowing but like any other change, it takes consistency to see the results. You won't magically fall asleep perfectly every night but by following these tips you can create change that lasts in your life.

Habit changes are like taking vitamins. It's something you have to keep at daily to really reap the benefits so keep at it mama, your best life is already on its way!



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