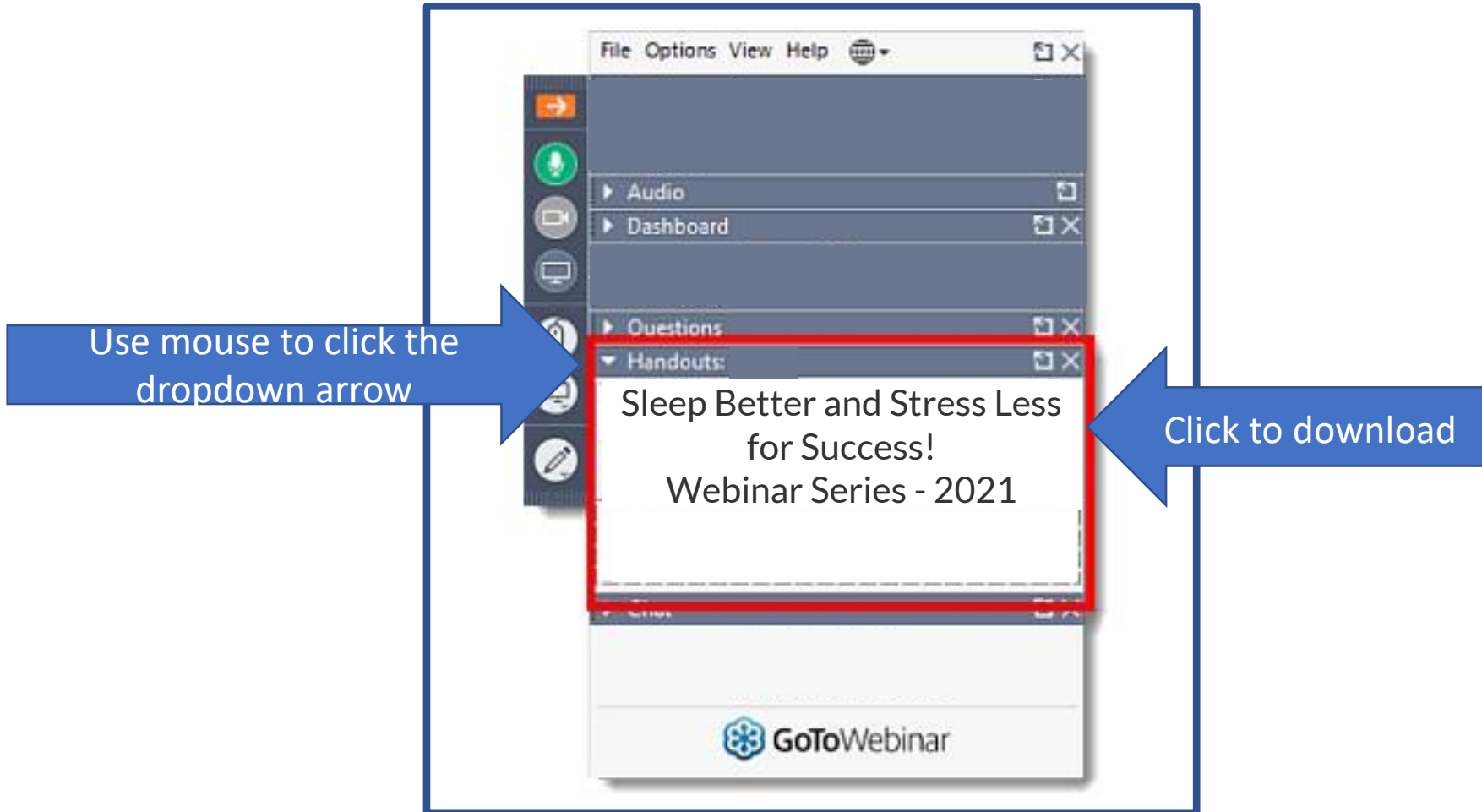


# Download Your Handout



# Welcome!



Sleep Better and Stress Less for Success

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# Thank you for joining us today!

## Want to learn more?



Pam Pederson

Director of Engagement and Communications  
Edge2Learn

[ppederson@edge2learn.com](mailto:ppederson@edge2learn.com)



# Today's Presentation!





# Meet Your Speaker: Alisha Leytem

- Transformation mentor, wellness teacher and retreat facilitator
- She has been leading wellness worldwide since 2015
- Provides coaching, workshops, online courses, weekend retreats, speaking engagements and more to support personal transformation
- Certified Wellness Coach





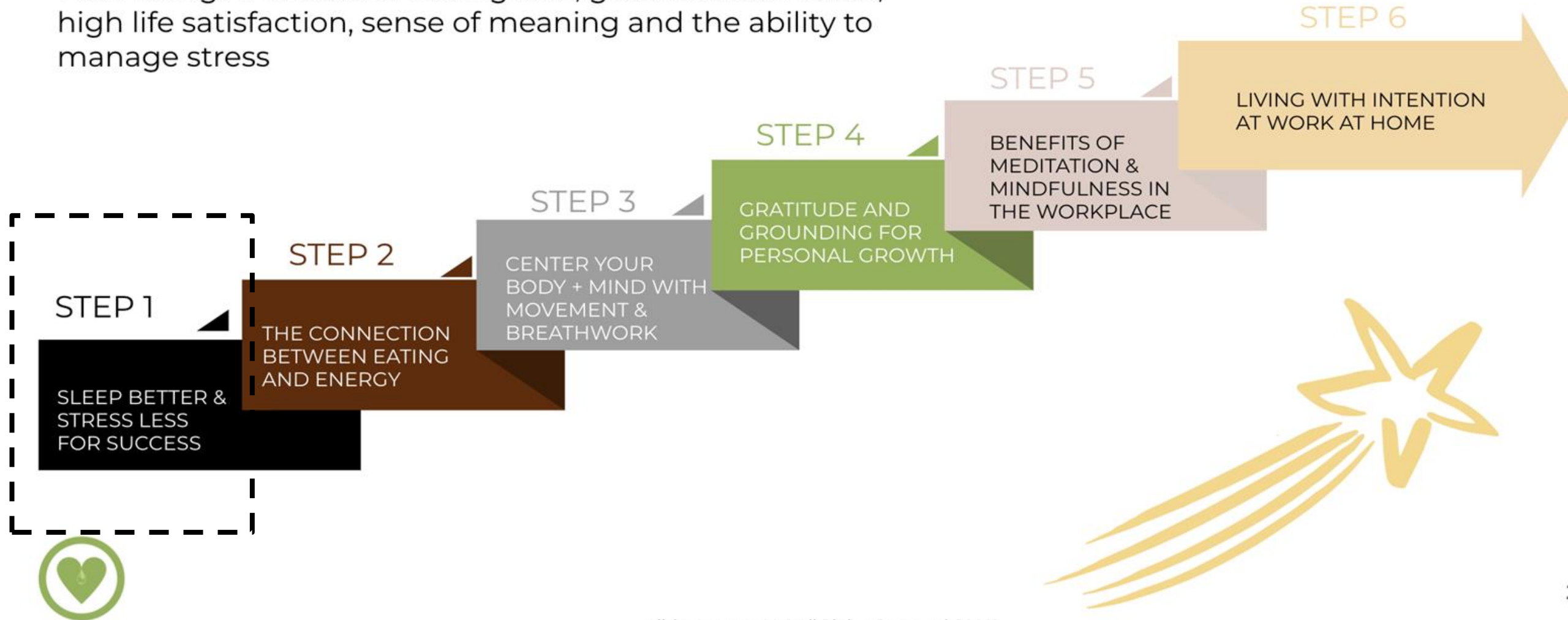
# **Sleep Better and Stress Less for Success**

with Well-Being Coach + Consultant Alisha Leytem

February 25, 2021

# ***“6 Shining Steps to Well-Being”***

Well-Being: The state of feeling well; good mental health, high life satisfaction, sense of meaning and the ability to manage stress







**“The way to a more productive,  
more inspired, more joyful life is  
getting enough sleep”**

*-Ariana Huffington*



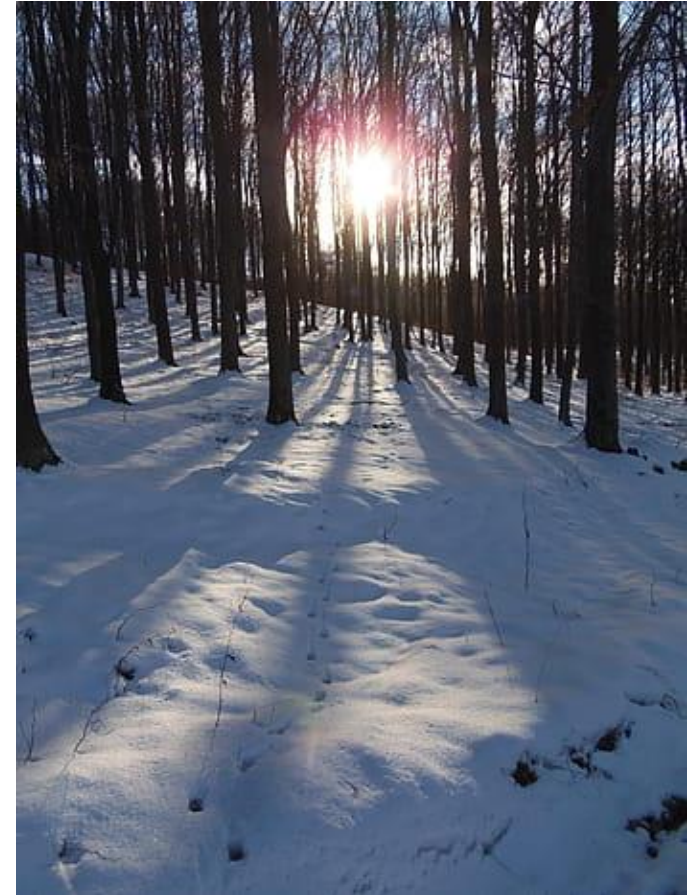
# The connection between sleep + success





# A Sleep Self-Reflection

- When was the last time you got a quality night of sleep?
- How many hours of sleep do you get on average per night?
- What percentage of days do you feel refreshed and well-rested?





# What happens when you don't get enough sleep?

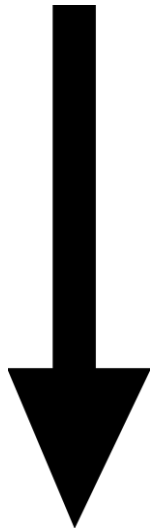
“The [National Institutes of Health](#) published a study that showed tangible evidence of sleep deprivations impact on a person's performance. **A significant lack of sleep slowed response time by up to 50%, and decision making was as inaccurate as somebody with a BAC of 0.05%.** After even longer periods without sleep, the participant's performance was the same as somebody with a BAC of .1%. This means sleepy decision making can be just as risky as drunk decision making.”





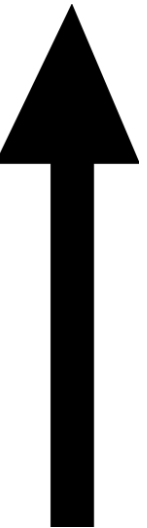
# What happens when you don't get enough sleep?

*Research shows that the time you spend sleeping is crucial to health, brain function, and emotional well-being.*

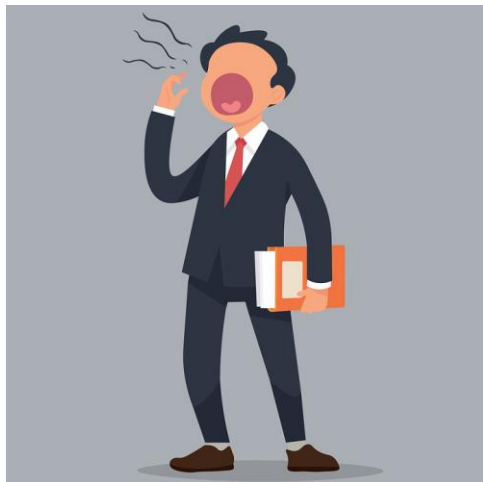


- Poor mental and emotional health
- Impulsive decision-making
- Impacts cardiovascular health + weight
- Compromises your immunity
- Negative effects on the brain (processing time, retaining info, learning)

- Process emotions and information
- Body repairs itself overnight
- Increases energy and creativity
- Accurate decision making
- Reduces stress
- Improves skin appearance (beauty sleep!)



# Signs Your Sleep Routine Could Use an Upgrade



1. You wake up feeling tired
2. You have regular insomnia
3. You grind your teeth at night
4. Restless leg syndrome
5. Trouble falling asleep at night
6. You have brain fog and a lack of focus

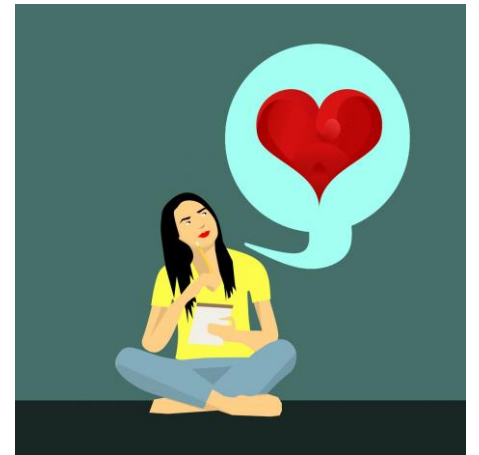






# Change Your Mind, Change Your Sleep

- A big key to better sleep is your thinking and mindset regarding sleep
- Look at your beliefs around your sleep: your patterns, habits and behaviors
- Unlearning “Revenge sleep procrastination”





# Serious Sleep Solutions

- Your goal is to stop bringing your stressful day with you to sleep
- Instead, you want to focus on **processing** and **releasing the stress from the day day** to assist your mind and body to get READY for sleep!





# Serious Sleep Solution #1:

## 1. Turn off electronics to Turn off the mind and reflect

Aim to turn off all electronics (phone, computer, netflix at least 30 mins before bed - 1 hour is better!). *Use this time to prepare for bed and letting go of the day.*

*Try this: Replace the screen time with reflection time. Read a light book or journal (3 things you are letting go of from the day and 3 things you're grateful for from the day.)*





## Serious Sleep Solution #2

2. Relax the body to release pent up stress A [national survey](#) found that over 55% of people who did yoga found that it helped them get better sleep. Over 85% said yoga helped reduce stress.

*Try it: A simple yoga pose, “legs up the wall” can support you in releasing stress and sleeping better. Bring your legs up a wall (or your bedframe) and relax with your eyes closed (some calming music) for 20 minutes.*



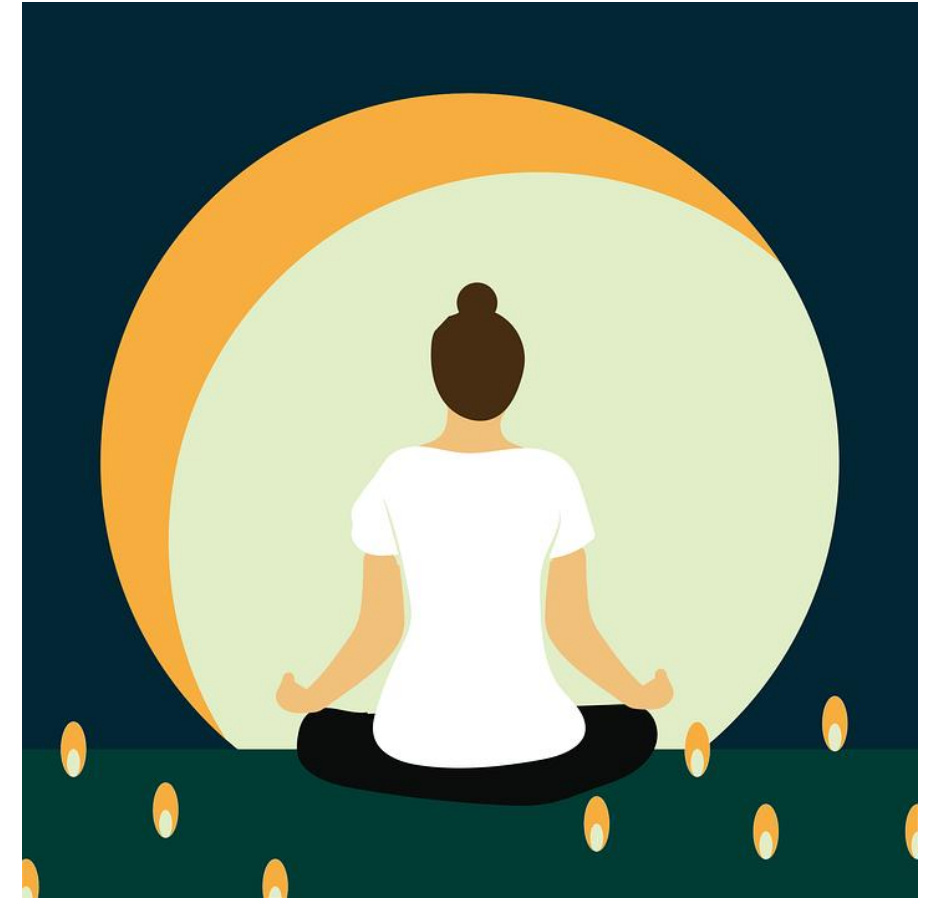


# Serious Sleep Solution #3

## 3. Listen To A Guided Sleep Meditation to let go

Let your mind be guided in releasing the stress from the day and leading you into a deep, relaxing sleep. Try listening to a variety of styles until you find one that works best for you.

*Practice Yourself: **Listen to a guided meditation for sleep - I have listed a free YouTube Channel with excellent meditations.***





# Affirmations for Great Sleep

I am grateful for today and now rest easy

I sleep easily and peacefully

I am in a relaxed state in my body and mind

This day is over, I have done my best and I let go of the rest

My bedroom is my zen den, and I easily fall and stay asleep in it

I give myself permission to fall asleep now, without guilt and with deep gratitude

I am a good sleeper and sleep comes easily to me.

I am at peace and I choose peace now

I honor my needs and am deserving of restful sleep





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**It's not Closing...It's Commencing!**  
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Questions?



# From All of Us at Ellis and Edge2Learn

