

BETTER REST AHEAD WITH A 14-day Guide to Transformative Sleep



ARE YOU HAVING TROUBLE SLEEPING?

A good night's sleep is crucial for your overall well-being, and it becomes even more important when you're dealing with pain.

Getting a good night's sleep promotes healing and recovery. Science has found it can help reduce pain sensitivity, improve memory, lower food cravings, and enhance your mood to better cope with the emotional challenges associated with pain.¹

You may think just putting your head on your pillow will lull you into dreamland. Guess again—a good night's sleep takes preparation.

The good news is I'm offering you my free 14-day guide to transformative sleep. Using this guide for only two weeks will assist you in practicing behaviors to help you begin achieving the benefits of a restorative sleeping pattern so you can start feeling better now.

Walk in the fresh air every day

Getting outside reduces stress, calms the mind, and synchronizes the sleep-wake cycle. Moderate outdoor exercise increases the body's need for rest. Vitamin D from the sun helps regulate the body's circadian rhythms (the body's clock).



No heavy meals two hours prior to bedtime

Digestion increases the body's metabolic activity and temperature. High-calorie meals before bed can impair the quality of rest. If you choose to have a light snack, choose wisely.





Reduce beverages in the evening

Reduce your liquids two to three hours before bedtime. But remember to drink enough water in the earlier part of the day to help cleanse your body and to stay hydrated.



Don't drink caffeinated beverages late in the afternoon

Caffeine stays in the body for four to eight hours. This includes colas and other caffeine-based sodas.



Refrain from long naps during the day

Short naps are great (less than 20 minutes). But longer naps will interfere with your circadian rhythms.



Cultivate a comfortable environment

Make sure your bedroom is quiet, dark, and a comfortable temperature. You may need blackout curtains or a white noise machine. Avoid bright lights at night.



Establish consistent times to go to bed and wake up

Condition your body and mind to expect when to go to sleep and when to wake up.



Turn off the tablet an hour before bedtime and leave the phone in another room

The ultraviolet light from the devices reduces the melatonin in your brain and keeps you from getting sleepy. If you must have your devices with you, turn on their Night Mode to protect your eyes from the blue light that affects your melatonin.





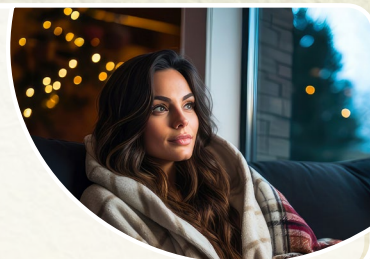
**Even though it's tempting,
refrain from scrolling on your phone close to bedtime**

The emotional stimulation can keep you awake.



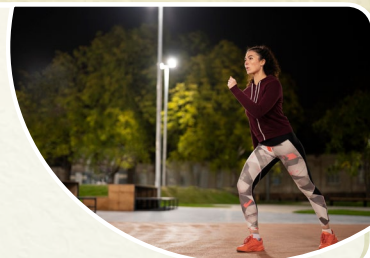
**Shift into relaxing activities in the
early part of the evening**

Avoid TV shows that are too stimulating close to bedtime.
Avoid having spirited conversations close to bedtime.



**Don't engage in vigorous exercise
two hours before bedtime**

Do activities and routines that are relaxing and help you to wind down before bed.



Perform mindful activities before bedtime

Calm your mind and relax your body.



**Signal your brain and body that it is time to sleep by
paying attention to your breath**

One technique is the double inhale: Inhale deeply. Then inhale even more to ensure all the air sacs in your lungs are full. Exhale completely. Repeat five times.



If your mind is racing, YouTube can help

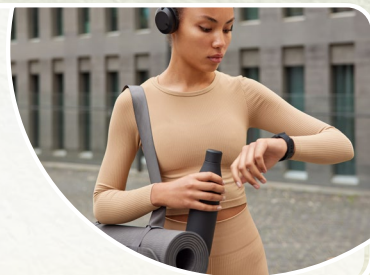
There are hours-long recordings of ambient noise that can relax your mind, such as thunderstorms or breaking waves as well as bedtime stories for grown-ups. Place your tablet face down so the light doesn't affect your sleep.





Keep a sleep journal and wear a fitness tracker

The journal can help identify which activities and foods are beneficial or harmful to a good night's sleep. The tracker will offer a score indicating how many hours you slept along with a score about how much deep sleep or restorative sleep you achieved.



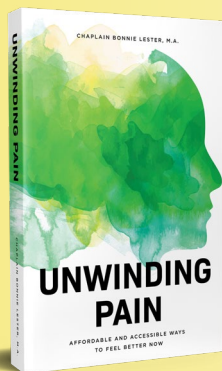
Track your sleep habits with the Sleep Habit Tracker

On the following page, you will find a 2-week Sleep Habit Tracker that includes all the tips that you can check off every day of the week for 2 weeks. This Sleep Habit Tracker establishes a structured routine that can enhance sleep quality and pain management, offering a sense of control and empowerment. Consistent use aids in identifying your most beneficial sleep habits and contributes to overall well-being.



About the Author

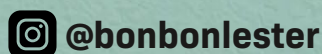
Bonnie Lester, MA, is an inspiring and compassionate chaplain who is dedicated to planting the seed of hope in the hearts of people suffering from chronic pain. She personally experienced life-compromising effects of living with complex regional pain syndrome, one of the world's most painful neurological conditions. Taking on the challenge to regain control of her life, she embarked on a journey filled with purpose. Through her own experiences and research, Bonnie developed science-based strategies that not only helped her overcome the burden of chronic pain but also resulted in her living a pain-free life filled with vitality.



In her upcoming groundbreaking pain management book, she shares her personal story and all the transformative techniques that have empowered her to thrive despite the odds. Her deep understanding of the physical, mental, social, and spiritual aspects of pain provides a fresh and insightful outlook regarding healing and resilience. Her empathetic and practical approach will resonate with readers, offering them hope along with guidance.

My upcoming book, *Unwinding Pain*, launches fall 2024. Stay tuned for all the details and early access.

For more chronic-pain management tips that go beyond conventional medical treatments, follow me on social media:



..... 2 - WEEK
Sleep Habit Tracker

WEEK 1

SUNDAY

WAKE UP TIME

SLEEP TIME

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- Cultivate a comfortable environment
- Establish consistent times to go to bed and wake up
- Turn off the tablet an hour before bedtime and leave the phone in another room

- Refrain from scrolling on your phone close to bedtime
- Shift into relaxing activities in the early part of the evening
- Don't engage in vigorous exercise two hours before bedtime
- Perform mindful activities before bedtime
- Signal your brain and body that it is time to sleep by paying attention to your breath
- If your mind is racing, YouTube can help
- Keep a sleep journal and wear a fitness tracker

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WEEK 1

MONDAY

WAKE UP TIME

SLEEP TIME

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..... 2 - WEEK
Sleep Habit Tracker

WEEK 1

TUESDAY

WAKE UP TIME

SLEEP TIME

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WEEK 1

WEDNESDAY

WAKE UP TIME

SLEEP TIME

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..... 2 - WEEK
Sleep Habit Tracker

WEEK 1

THURSDAY

WAKE UP TIME

SLEEP TIME

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WEEK 1

FRIDAY

WAKE UP TIME

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..... 2 - WEEK
Sleep Habit Tracker

WEEK 1



SATURDAY

WAKE UP TIME

SLEEP TIME

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WEEKLY REFLECTION & GOALS FOR WEEK 2

A large white rectangular area with a light green dotted grid pattern, intended for writing reflections and goals for the second week.

..... 2 - WEEK
Sleep Habit Tracker

WEEK 2



SUNDAY

WAKE UP TIME

SLEEP TIME

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WEEK 2



MONDAY

WAKE UP TIME

SLEEP TIME

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..... 2 - WEEK
Sleep Habit Tracker

WEEK 2

TUESDAY

WAKE UP TIME

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WEEK 2

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WEEK 2

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..... 2 - WEEK
Sleep Habit Tracker

WEEK 2



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WEEKLY REFLECTION & SLEEP GOALS GOING FORWARD