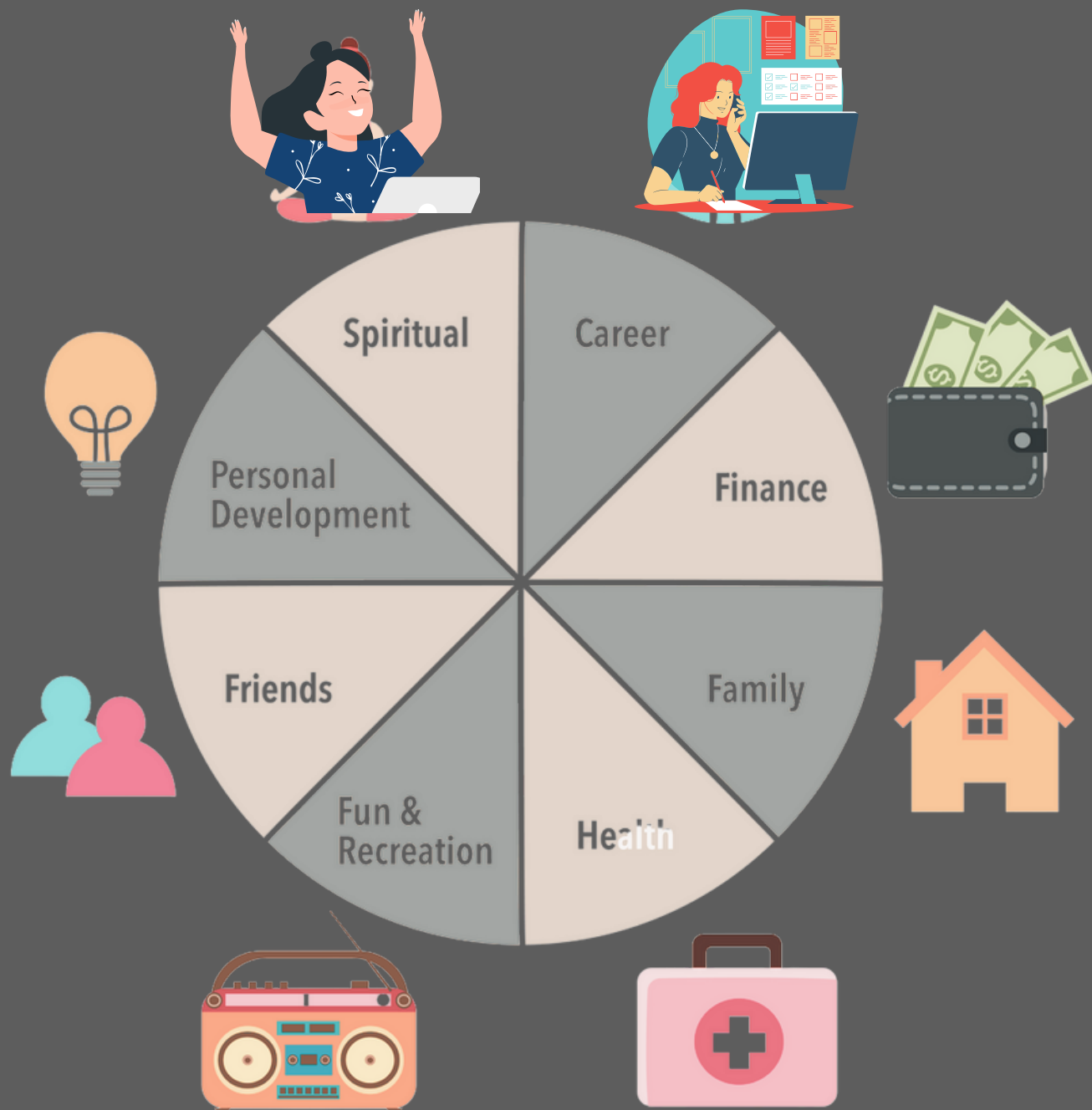


HOLISTIC COACHING WITH SAKINAH B.

# Week 2

- **The Importance of Sleep**





# Did you connect with yourself and accountability partner?

## Facets of Life for Accountability

Remember before you can move on to the next facet of your journey, you must complete the last assignment to get the most out of your 90-Day Reset.



## 8 Benefits of Quality Sleep:



1. Improved cognitive function
2. Weight loss and management
3. Increases energy
4. Mood booster and stabilizer
5. Aids immune system
6. Repairs damaged tissues/cellular repair
7. Aids in digestion & detoxification
8. Hormonal balance

## 9 Sleep Blockers:



1. Blue light (phone, TV, computer)
2. Wifi (near you while sleeping)
3. Nighttime snacking
4. Bright Lights
5. Noise
6. Exercise right before bed
7. Arguing/worry/stress
8. Eating/drinking close to bedtime (nighttime bathroom visits) (especially water and alcohol)
9. Travel
10. Poor diet



# Quality Sleep is Critical

- **Magnesium** assists our brain to relax
- **Light** can throw off our natural circadian rhythm and hormones
- **Shower/sauna** - promotes relaxation and detoxification and reduces stress

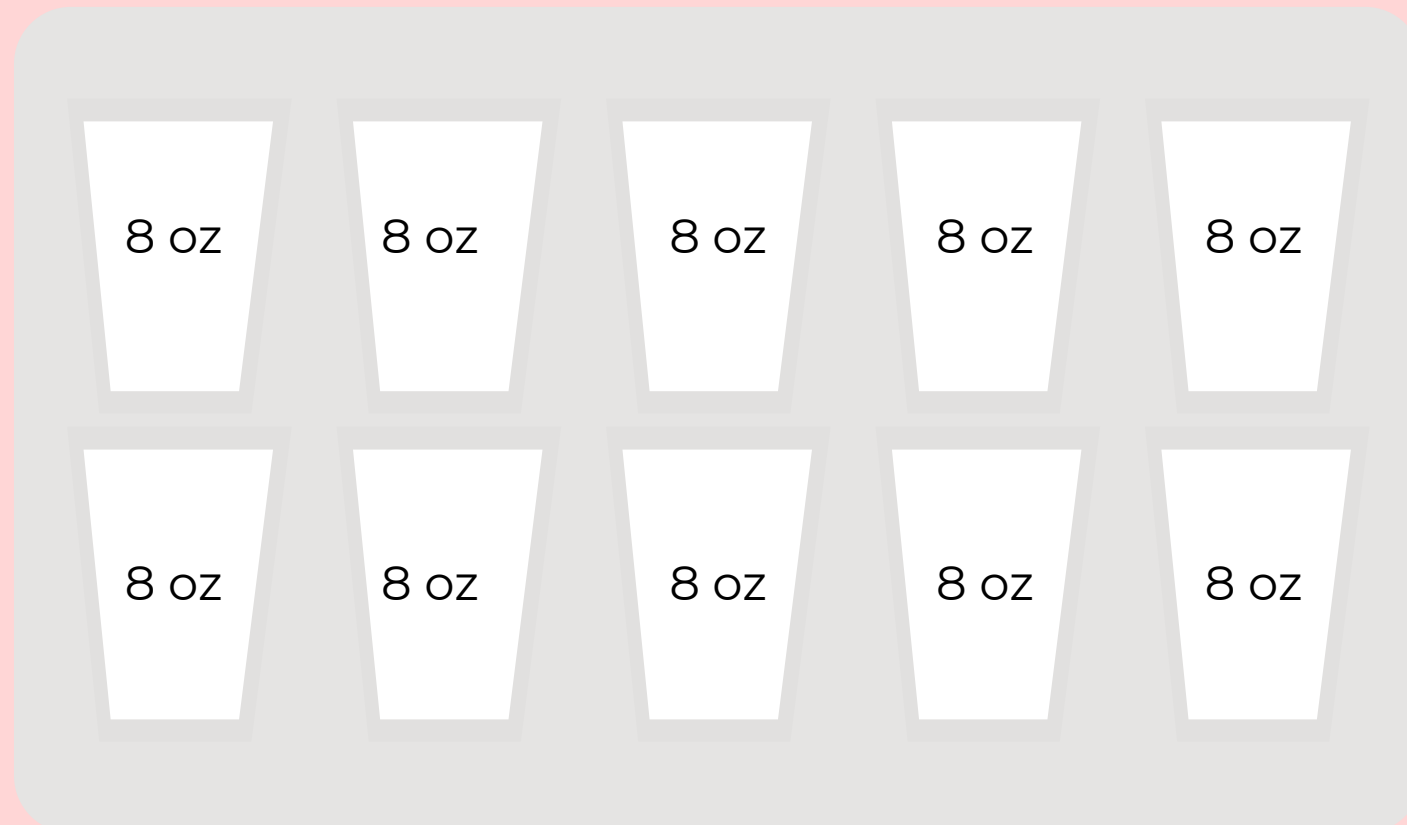
## *Sleep Enhancers* >

1. Magnesium Supplements
2. Reduce blue and bright light (dim lights 1 hour before bedtime)
3. Cut off liquids 2 hours before bedtime
4. Darken the room
5. Quiet all noise / use white noise if necessary
6. Clean sheets cleared bed / decluttered room
7. Shower/sauna





How are you doing with  
your water intake?



# *The Importance of Water*

**F.L.U.S.H.**

- Don't forget to drink your water
- Drink 10 oz more this week than last





# Goals for the Week...

Where there is no vision the people will perish.

When we fail to plan we plan to fail. We are not about failing here. Write down your goals each week. Keep them ever before you. When they are in constant view motivation is higher and they are more easily achieved.

## Goals for this Week>..

- Continue with water intake and morning routine
- **Work on developing a sleep routine**
- If you need additional suggestions post in the group for assistance

