

SENSATIONAL SLEEP

BETTER SLEEP
FOR A BETTER YOU



STACEY DUCKETT

No Sleep ... Again

No sleep . . . again. Is that you? Are you busy and active all day long, but by the end of the day you are still wide awake? You lay down because you should be sleeping, but inside you cannot turn off the endless thoughts. You wish sound sleep were for you, but it seems you have lost the ability. You have been functioning with no sleep for quite some time, and you are just wondering when you are finally going to collapse. You even get nervous about driving in your car because you have not had much sleep.



Difficulty with sleeping may start after having had a newborn and you never got back into the correct routine even once the kiddos went to school. For others, it could be a life changing event such as death or divorce. Many women have difficulty sleeping due to menopause. For some endurance athletes, sleep problems happen once they take a sudden break from training. There are many reasons why one's sleep goes astray. Some may suffer from sleep apnea or a traumatic brain injury that needs follow-up with medical care such as a neurologist or a somnologist.

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Have you reached the point where you are fed up enough with getting little sleep to do something about it? I am telling you that it would be foolish not to get your great sleep back in your life. Here is why. Without sleep, one is similar to a person driving under the influence. Many, if not all mental illnesses have one thing in common: sleep quality and quantity are not enough. If you lack sleep, you lose the ability to restore lessens. Your pain becomes constant. Your hormones that help with weight control do not work in your favor with the lack of sleep. You typically gain weight. Your blood pressure rises, and you are more likely to be diabetic as well. On top of this, your immune response suffers. The worst part of lack of sleep is that your cognitive function declines. Little sleep results in mood swings too. How well-functioning of a worker or employer, husband or wife, parent or child, student or teacher will you be? One can develop anxiety about going to sleep. You would think sleep is like drinking water. It should be a given something that comes naturally. Do you remember having consistent great nights of sleep? How long ago was it? How did you get so far off that it has come to this? You seriously need help to find a way to get your sleep, or you are going to go crazy! If this is you or someone you know, keep reading.

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It happened to me. I was stressed and had some difficulty sleeping but nothing I could not handle— so I thought. It started after having kids. I'd stay up late or get up in the middle of the night, and then once my kids slept through, I would continue to get up in the middle of the night to do whatever. This habit went on for years. Then one day in my late 40s I was a bit stressed—single mom, self-employed—and I caught myself sitting in the chair realizing I hadn't taken a breath for a few minutes or more? And then realized, oh my gosh, I had to remind myself to breathe?! Silly thoughts but not so foolish when it is happening to you. What if this happens to me when I sleep? If I am sleeping and stop breathing, I won't be awake to remind myself to breathe. I felt disconnected with my automatic response for my body to function correctly—a misfire, like an automobile. The worry began. I started getting nervous about sleeping as if I maybe might not wake up. I would lay in bed, tossing and turning. I had completely given up caffeine at the time because of the issues with sleeping. In the past, if I did not have my cup of coffee in the morning, I would get a horrible headache. Something was different. I gave up the morning coffee, and I got no headache, and I was still wide awake. I felt like someone drugged me to stay awake, but no one had.



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Worried that I would stop breathing during sleep, I went and got a sleep study. The test that I did was horrible. During the test I was required to wear a band around my head. The battery died, and I had a migraine for a week. I was curious about the results because it should show that I was dead since the battery died. Of course, I had no sleep apnea. There are more accessible methods today to help determine if you have sleep apnea. Regardless, I Worried that I would stop breathing during sleep, I went and got a sleep study. The test that I did was horrible. During the test I was required to wear a band around my head. The battery died, and I had a migraine for a week. I was curious about the results because it should show that I was dead since the battery died. Of course, I had no sleep apnea. There are more accessible methods today to help determine if you have sleep apnea. Regardless, I was on a mission to solve this problem, or it would only be for a short while before I would collapse with an illness or some injury. The sleeping issue became so intense I started getting anxious about driving home from work, knowing it was only a short time before I would need to go to sleep. Has your insomnia gotten so bad where you, too, have strayed from having anxiety? The anxiety ended up with me choking at night almost every night for about three weeks. I thought I would die—if not in my sleep, then from choking. Before going to sleep, I would remind my girls where the life insurance papers were and tell them that I love them. Can you relate?

Through trial and error, I figured out what worked relatively quickly and then redefined and consistently improved my sleep. I came up with the acronym **R.E.S.T.** I will describe each acronym in further detail in this book. I can assure you that if you implement even one aspect of R.E.S.T., you too will get better sleep. **REST**—what does it stand for?

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- Routine
- Ergonomics & posture-based exercise
- Supplements with proper nutrition
- Take out

Let's start with the ROUTINE that is a **M.U.S.T**

- Meditate
- Under accountability
- Strengths discovered and implemented into your daily life
- Timely

I started this routine daily. The time I fall asleep might vary, but the time I wake up is the same. No naps. I made sure my routine was a **M.U.S.T.:**

- Meditative state, prayer, self-hypnotic sleep session at night, or use an app like Calm.
- Under accountability with a journal recording thoughts, dreams, and sleep habits.
- Strengths quiz was taken, and ways for implementation were found.
- Timely sleep going to bed and waking up at the same time.

Ergonomics and exercise: I implemented correct ergonomics for the bedroom and day-to-day activities such as being at a desk and included specific exercises to improve posture.

Supplements and nutrition: with what boosted my overall health and promoted sleep.

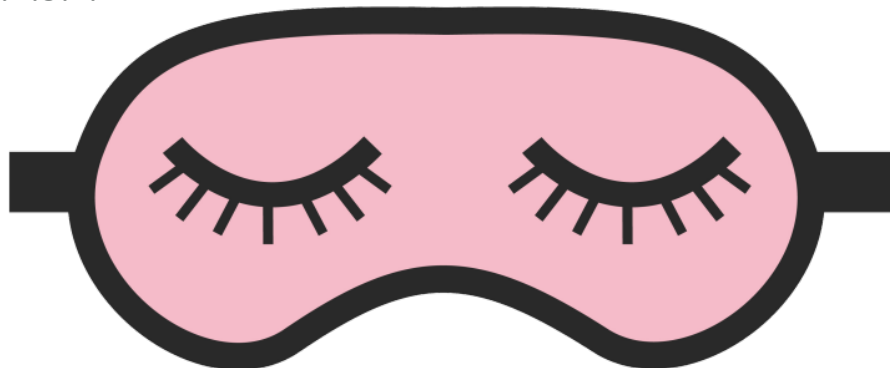
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Take out: I would take out of the picture what was not working in the bedroom or helping me fall asleep and stay asleep. Including myself, if I was not sleeping in 20 minutes.

R.E.S.T. helped me immensely to get a better quality and quantity of sleep. I became less stressed, had improved cognition, was not sore as often from exercising, and also obtained better metabolism. Better sleep results in a better you. If you desire this for yourself, you will enjoy this book.



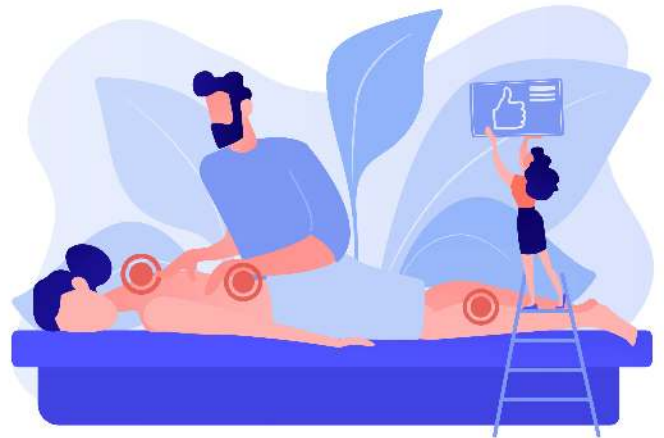
Why should you listen to me about sleeping better? It would be hard for me to take advice on running from a non-runner, but I could easily take the advice from someone who has trained to get into the Boston Marathon. Similarly, I would find it hard to take advice from one who has never struggled with sleep. I had issues with sleep and realized how it affects numerous aspects of our life. I have come up with steps to get you back on track via R.E.S.T.



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As a Doctor of Chiropractic since 1993 and dealing with patients recovering from injuries, I realized that a lot of chronic pain was due to nutrition, exercise, thoughts, and sleep habits. Patients with proper sleep tend to recover quicker from injuries. If people continue with improper ergonomics in their day-to-day activities and the way they sleep, then less sleep and more pain prevail. Knowing that nutrition forms an integral part of how we feel and how we heal and sleep, I earned an Applied Clinical Nutritionist Certificate from Life Chiropractic West.



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After having had my sleep issues, I furthered my studies and continue to do so on all aspects that would improve sleep. I became a Certified Hypnotist from the International Certification Board of Clinical Hypnotherapy, a Certified Sleep Science Coach from the Spencer Institute, and have completed a Certification in Sleep: Neurobiology, Medicine, and Society from the University of Michigan, Ann Arbor, Michigan. I also have a Certificate for Completion on The Science of Well-Being from Yale University—a series of challenges designed to increase your happiness and build more productive habits. With my education and discovering what works for better sleep, I have designed R.E.S.T.—Better Sleep for a Better You.

Read the following and ask yourself if you would like the same for yourself.

Mary was having a difficult time stopping all the continual thoughts at night. She was tossing and turning, she tried medications, but then the next day, she was out of it. R.E.S.T. helped her get her schedule back in sync. She is more alert, and the feeling of being overwhelmed has left her thoughts.

Candy, in her 50s, noticed she was approaching menopause. Candy started having more difficulty falling asleep and staying asleep. It wasn't enjoyable. She was gaining weight despite having worked out regularly and eating clean. R.E.S.T. helped her not just with sleep, but she noticed she started losing weight without changing her nutrition significantly to warrant an increased metabolism.

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Kim, a professional businesswoman—a single Mom with two kids—was having difficulty with constant racing thoughts that she could not fall asleep for long before she would be up again. She tried many things and found using R.E.S.T. helped her to get better sleep. As a result, she can now stay calm and not get overworked. Her relationships with her kids and co-workers have improved immensely, and they have noticed a difference in her demeanor.

John, with his injury from years ago, started taking medications to help him sleep. The meds began to stop working. He would try others, and they were way too strong where he was then not functioning the next day, or they did not work. His sleep got worse. Fortunately, he found R.E.S.T. to be beneficial. Through the program, he was referred to other professionals as well, like the dentist. He was happy to receive the recommendation, and with the accountability, it helped make sure he was on top of his commitment to improving his sleep. He now falls asleep shortly after lying in bed, and he stays asleep for the entire night.

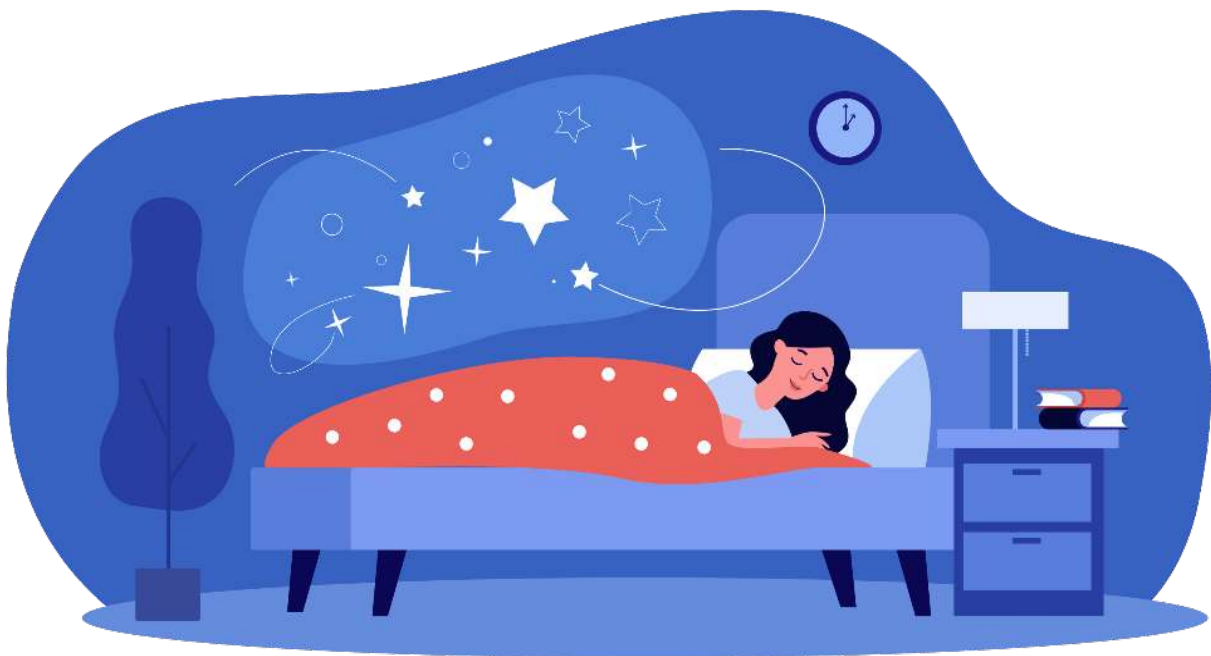


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Fay stopped drinking caffeinated drinks, stopped her sugar intake, and she still had insomnia. Fay wanted to avoid taking medications as far as possible. Because Fay was not getting quality sleep, she frequently noticed to be getting sleepy while driving. It got so bad she would have to pull off the road to take a mini-nap when she heard about R.E.S.T. from a friend—and decided to not only get her sleep but also her life back. That was the best decision ever. Her sleep has improved. She can stay awake during the day and not be worried about falling asleep, especially while driving.

You, too, can achieve great sleep—both quality and quantity. I guarantee that if you implement R.E.S.T., your life will be better. Turn to the next chapter and continue to read and implement this into your own life so you can achieve a night of better sleep for a better you.



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