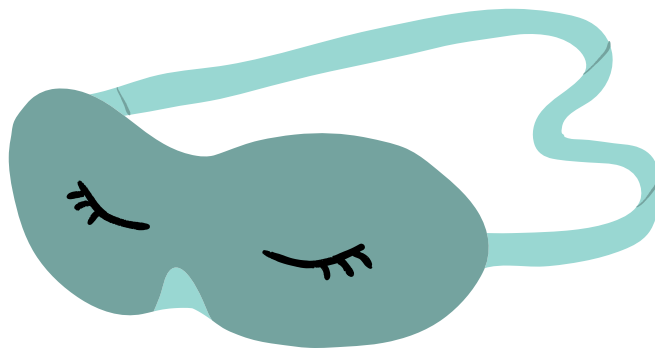


Sleep Tonight, Slay Tomorrow:

THE ULTIMATE SLEEP KIT FOR
WOMEN ENTREPRENEURS WITH
DEPRESSION

Created by Dr. Julia Ingle PT, DPT



Welcome!

I'm so glad you downloaded *Sleep Tonight, Slay Tomorrow: The Ultimate Sleep Kit for Women Entrepreneurs with Depression*. And congratulations on taking the first step towards improved concentration and energy through the power of better sleep!

Quality sleep is crucial for entrepreneurs – especially those of us living with depression.

Sleep and depression have a screwy, complicated relationship. However, quality sleep is crucial for maximizing energy, mood, and concentration – all of which are necessary for nurturing a growing business.

The goal of this guide is to give you as many tools as possible so you can get a good night sleep and wake up in the morning ready to **get. things. done.**

In your *Sleep Tonight, Slay Tomorrow Sleep Kit* you will find:

- The Deep Sleep Checklist
- The Sleep Tracker Calendar
- A 30-minute Wind-Down Sleep Meditation (Accessed here: [Video](#) or [Audio](#))
- BONUS: The Healthy Sleeping Positions PDF

(And all handouts are 100% printable!)

When going through this kit, keep the following healthy sleep tips in mind:

- Aim for 7 to 9 hours of sleep every night.
- Turn off all screens (yes, that include your phone!) 1 hour before bedtime.
- Try to keep the same bedtime every night, including weekends.
- Get in the dark! Use blackout curtains or, better yet, wear an eye mask. Since eye masks fall off in the middle of the night, you'll be able to wake up more easily with natural light in the morning.
- Sleep position is important! Make sure the curve of your neck is supported with a pillow and your head is in a neutral position. See *The Health Sleeping Positions* PDF for more.
- Consider having your pets sleep somewhere other than your bed, as their movements can wake you up in the middle of the night.
- Find your favorite unwinding ritual before bed. Some ideas include:
 - Taking a hot shower
 - Pleasure reading
 - Listening to a sleep meditation (try the one included in this kit!)
 - Gentle yoga
 - Journaling
- If you can't sleep, try not to panic or get frustrated. Rest is beneficial for the body, even if you can't fully fall asleep.

Sweet dreams!

Julia

The Deep Sleep Checklist



1 HOUR BEFORE BED

- Turn off all screens
- Put your phone on do not disturb
- Do your nighttime hygiene/skincare routine

30 MINUTES BEFORE BED

- Drink a glass of water (the last one so you don't have to get up to pee!)
- Darken the room
- Do your favorite unwinding ritual (yoga, reading, journaling, etc.)

5 MINUTES BEFORE BED

- Set your alarm
- Put your phone on the charger (away from your bed)
- Use the bathroom one more time (no midnight bathroom trips!)

ONCE IN BED

- Find a comfortable sleeping position*
- Put on an eye mask
- Try deep breathing or a sleep meditation*

*See: The Healthy Sleeping Position PDF and guided meditation in this Kit

IF YOU HAVE TROUBLE FALLING ASLEEP

- Don't panic
- Try to clear your mind
- Count your breaths backwards from 100

Sleep Calendar

MONTH: _____ YEAR: _____

Instructions:

- Log the number of hours and quality of your sleep
- Note any significant events or differences in your energy, productivity, or activity levels
- Review for patterns - what's impacting your sleep?
- Use this data to make small, incremental changes towards a better night sleep!

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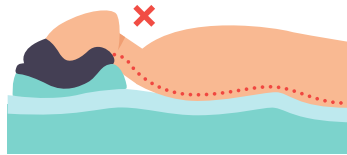


Healthy Sleeping Positions

IT'S ALL IN THE PILLOWS.

NECK POSITION

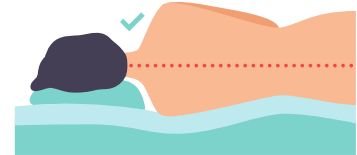
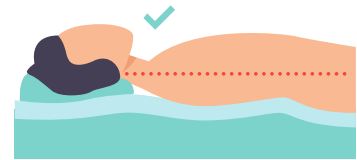
Nope.



Neck is bent and the head is too far forward or too far back.



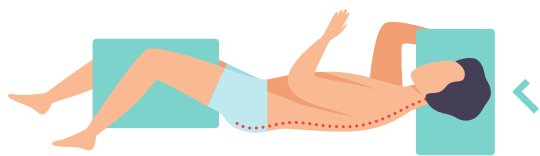
Yup.



Neck is in a neutral position and supported by the pillow.

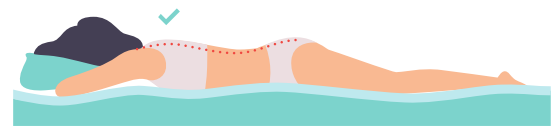
BODY POSITION

Side Sleeping.



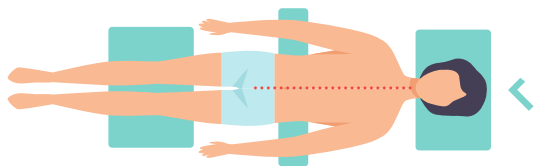
Support the hips and spine with a pillow between the knees and ankles. Bonus: Hug a pillow to support the shoulders.

Stomach Sleeping.



Use a low pillow (or no pillow) under the head to keep the neck in neutral. If needed, put a pillow under the stomach to relax the low back.

Back Sleeping.



Reduce strain on the low back with a pillow under the knees.

Tip: Try to sleep on your back if possible - it's the best position for spine and joint health!