

SUZIE SENK'S
SIMPLY
SLEEP



A MINIMALIST'S GUIDE FOR INTENTIONAL SLEEP



YOU CAN'T LOSE THE WEIGHT AND FEEL GREAT
WITHOUT PROPER SLEEP

Aloha~

My name is Suzie Senk. I'm a holistic sleep and wellness specialist.

It's my passion and mission to help people just like you get the sleep you need to thrive.



I know what it's like to lay awake for hours and not be able to fall asleep only to wake up a few hours later and have the same issue. And then wake up exhausted and struggle to have the energy to make it through the day only to have the same thing happen the next night.

It feels like a curse.

I suffered from severe, chronic insomnia for years. And now I sleep like a baby again. I fall asleep, sleep soundly through the night and wake up feeling rested and ready to take on my day.

My energy is solid and I'm able to accomplish what I set out to do each day.

I'm sharing this because if I can fix my sleep, so can you. I want you to know that it's absolutely possible for you to sleep deeply and feel great again. And if you need help, that's what I'm here for.

♥, Suzie

Sleep challenges aren't a death sentence...they're a wake up call. It's time to listen to what your body is trying to tell you.

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#1 PRIORITIZE YOUR SLEEP

This is a crucial and often overlooked first step...There are so many distractions and reasons to not sleep. You can have the best of intentions but if you aren't putting your sleep on the top of your to-do list it won't happen.

TAKE INVENTORY

Dedicate some time to sit down and write a list of what you most value and what you want for yourself. (Use good old-fashioned pen and paper.) Then list the top 5 actions that you need to take on a daily basis to achieve what you really want. (Be sure sleep is at the top of that list!) Next write about what's currently getting in the way of doing that. Be honest with yourself.

ALIGN ACTIONS WITH INTENTIONS

Create a plan that will allow you to develop integrity between your moment-to-moment choices and your heart's desire. Map out your days in advance so that you have a clear outline of how to achieve your top 5 actions.

HOLD YOURSELF ACCOUNTABLE

Reflect on whether you are in alignment with what you say you want. Again, be honest with yourself. Is what you are doing working? If so, then celebrate! If not, go back to the drawing board...Most importantly, be gentle with yourself. Beating yourself up does not help create change. Understanding does. If you are struggling, ask yourself this: Are you being honest about your values? Is what you are telling yourself you want and what you actually want the same? Are you giving yourself permission to be completely truthful or are you doing what you think you are supposed to do? Usually resistance to actionable success comes from a lack of alignment with what you really truly deeply want. So explore this. And, it's ok to ask for help if you need support in getting clear about that or in keeping your commitments to yourself.



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#2 SLOW DOWN & DESTRESS

Minimizing means slowing down. And slowing down is what's required to get the sleep you need. If you are stressed out all the time your nervous system will begin to act in a way that will prevent you from being able to fall asleep and stay asleep.

REFRAME FOMO

Life is so full and busy. Do you “burn the candle at both ends” so you can pack more of life into your days? Trust me, I get it. But here's the thing: if you aren't getting good sleep you are decreasing your life expectancy AND diminishing your ability to thrive. So while you may get to watch that newest binge-worthy episode on Netflix by staying up an extra hour, is it really worth it if your longevity and your quality of life are negatively affected?

DO A DRAMA DETOX

Your energy is precious. You have a limited supply of it. Honor yourself by setting and keeping healthy boundaries and only allowing people in your life who are respectful and deserving of you. Don't waste your valuable life force on people and situations that aren't worth it. Pick your battles and let go of the little stuff.

GIVE YOURSELF PERMISSION

You need to put yourself first. It's your duty to do that because no one else should or will. If you aren't giving yourself permission to take care of yourself, you are going to hit a wall sooner or later. What's the most wonderful self-indulgent, self-nourishing, revitalizing thing that you can think of? You are worthy of whatever that is. Find a way to give it to yourself. Take time on a regular basis (at least once a day, preferable once an hour) to ask yourself what you need in this moment? Then honor that. What you want is ok. You can trust yourself. And the more you do this, the more you will be able to truly relax and rest.



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#3 HARMONIZE WITH NATURE

The primary reason that you aren't sleeping well is because you are out of sync with the rhythms of nature. To get your sleep back on track and lose the weight you have to realign with the natural cycles that dictate your bio-rhythms.

GO ON A LIGHT DIET

The type of light you are exposed to directly impacts your sleep. Humans evolved for eons with only natural sources of light. That has changed and it's dramatically affecting you whether you realize it or not. For optimal sleep, you want to mimic the natural cycles of light and dark. This means creating a pitch black bedroom at night that's cool in temp and devoid of all artificial light sources, getting adequate natural sunlight exposure throughout the day, and avoiding blue, green and yellow lights after sunset. For optimal sleep quality, you also want to wind down when the sun is setting and rise with the sun in the morning.

CONNECT WITH THE EARTH

There is tangible life-giving energy that the earth provides us. And it's likely that you are deficient in it unless you spend the majority of your time in nature. Commit to go outdoors more frequently. When you wake up in morning, go outside and greet the day by stretching and putting your feet on the earth. If it's snowing, make a snow angel. Pay attention to the cycle of the moon. Opt to exercise in nature instead of hitting the gym.

EAT TO DIGEST

Your body has an internal clock. In order to have the best success with digesting and assimilating your food, you want to eat when your body can burn the food you eat as fuel instead of storing it as fat. Eating late at night is a big no-no because it takes energy to digest your food and nighttime is when your body should be resting and repairing not digesting.

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#4 SLEEP TO LOSE WEIGHT

The easiest way to get in shape is to get adequate deep restorative sleep. When you do, the pounds fall off on their own. When you are overtired, your body can't function optimally and you are fighting an uphill battle with weight loss.

CONQUER YOUR CRAVINGS

The signals for hunger and satiety are impacted by how well rested you are. When you are tired, you are likely to eat even when you are not actually hungry. Additionally, when you are sleep deprived, you're more likely to reach for convenient junk foods with higher amounts of carbs and unhealthy fats. Your executive functions also diminish when you are tired so you're less likely to have the willpower to resist binging.

CULTIVATE NATURAL ENERGY

Trying to maintain an exercise regimen when you're exhausted is not only counter-productive, it's also dangerous. When you don't get enough sleep, your body stops burning calories. The imbalance in your hormones that happens as a result of insufficient sleep makes your body think there is a shortage. Add to that the stress of exercise and you can actually make things worse. You also become more prone to accidents and injury. Honor your exhaustion and don't push yourself when you are sleep deprived. Make the necessary changes to get the sleep that you need. When you do, a desire for exercise will be something that comes naturally for you rather than something that you have to force upon yourself.

BURN, BABY BURN

You actually burn a lot of calories while you sleep. And deep sleep is the only time of day that your body does its repair work. To lose weight, your body needs the right quality and quantity of sleep consistently to clean up and eliminate the toxins in your body.

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These are some of the fundamentals. If you implement them consistently, your sleep will improve. Be patient and don't expect perfect sleep over night. Your body takes a while to heal and shift back into a healthy pattern.

WHEN TO SEEK SUPPORT

If you feel like you have tried everything and you still are having difficulty falling asleep, staying asleep or losing weight, you might want to ask for help from an expert. Often, by the time a person experiences chronic sleep issues, there are some deeper co-factors that need to be addressed. Because sleep affects everything and everything affects sleep, it's important to recognize sleep challenges for what they are: signals of distress that your body is trying to communicate with you. A holistic sleep specialist can help you figure out the cause of and meaning underlying your symptoms.

Are you ready to sleep
soundly and feel great again?

Contact me [HERE](#) for a
complementary consult so you
can have the energy you need
to thrive!

SUZIE SENK

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Helping You Get the Sleep You Need to Thrive

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