



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Sleep-Well Essentials Guide



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The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



ORGANIC BEDDING

Unfortunately, most conventional bedding is made using toxic dyes, and we're breathing them in all night while we sleep. Here's some ideas for organic, dye-free bedding:

- Pact Organic Sheets, Duvets, and Duvet Covers:
<https://www.pntra.com/t/SUNIR0IPRkZDSEZHSE9HQ0dNTUhHRg>

GUIDED MEDITATION CDS

One of the most common reasons women have a hard time falling asleep and sleeping soundly is because they're wound up before bed. If you have a hard time unwinding at night and preparing yourself for bed, try using a guided meditation CD to help you divert your mind away from your day's worries and focus instead on the present moment.

- Goodbye Worries: <http://amzn.to/1AVT3yO>
- Creating Calm Within: <http://amzn.to/1C1WwTt>
- The Secret of Healing: <http://amzn.to/1AVTmcL>
- A Half Hour of Peace: <http://amzn.to/1NAhfAR>
- Guided Meditations: <http://amzn.to/1Bj8kyl>

SOUNDS OF NATURE CDS AND THERAPY MACHINES

If you have a hard time falling asleep once you get into bed try listening to a sleep CD or sound therapy machine to calm your mind and help you fall asleep easily and naturally.

- Sleep Soundly: <http://amzn.to/1EuZ8JM>
- Sleep Solutions: <http://amzn.to/1A8x3Aw>
- Sleep: <http://amzn.to/1Bj6gGH>
- Deep Sleep Every Night: <http://amzn.to/1AVR2CB>
- Healing Sounds of Nature: <http://amzn.to/1AVReBQ>
- Sleep Deeply: <http://amzn.to/183CWZk>
- Secret Sleep Formula: <http://amzn.to/1AVRsji>
- Sound Therapy Machine: <http://amzn.to/1Bjc6b3>
- Sound Spa Relaxation Machine: <http://amzn.to/1AVZQs2>
- Ecotones Sound and Sleep Machine: <http://amzn.to/1NAmA18>



SLEEP MASK

If you find that lights disturb your sleep and you don't have the option to cover them up or use darkening shades, a sleep mask can be helpful.

- Pure Silk Sleep Mask: <http://amzn.to/1E15yuU>
- Natural Sleep Mask: <http://amzn.to/1Mn06jp>
- Hypoallergenic Sleep Mask: <http://amzn.to/1HmW1lr>

EAR PLUGS

If your sleep is disrupted by unavoidable noise, earplugs can be helpful.

- Super Sleep Earplugs: <http://amzn.to/1Ev36SM>
- Custom Molded Earplugs: <http://amzn.to/1AVXLfT>
- Snore Blockers: <http://amzn.to/1E16hMF>

WHITE NOISE MACHINE

If environmental noise prevents you from sleeping well and you don't want to use earplugs another simple solution is to use a white noise machine to drown out the background noise.

- Sleep Easy Sound Conditioner: <http://amzn.to/1Mn2cc9>
- Natural White Noise Sound Machine: <http://amzn.to/183Iy5L>

ESSENCIAL OILS FOR BATH

Lavender oil is known for its relaxation effects. You can put in in your bath water, rub in on your skin after a bath or shower, or inhale it through a diffuser.

- French Lavender Organic Essential Oil: <http://amzn.to/1NArxkv>
- Certified Organic Lavender Oil: <http://amzn.to/1Mn7Bjr>
- Organic Lavender Therapeutic Grade: <http://amzn.to/1wkfhPr>
- French Lavender Pure Essential Oil (4 fl oz): <http://amzn.to/1CVi585>
- Ultrasonic Oil Diffuser: <http://amzn.to/183SzQw>



SUNRISE ALARM CLOCK

If you need to keep an alarm clock in your room, but you're bothered by the light a sunrise clock could be very helpful.

- BioBrite Sunrise Clock (Charcoal): <http://amzn.to/1E1cZT2>
- BioBrite Sunrise Clock (Platinum): <http://amzn.to/1E64lFf>
- Lifemax Rise and Shine Alarm Clock: <http://amzn.to/1EKZ8nI>
- Morning Sunrise Alarm Clock: <http://amzn.to/1C27Cru>

SLEEPY TIME READS

A great way to shift your mind away from your day's worries to tomorrow's to-dos is to read a light, inspirational book. Here's a few of my personal favorites:

- *Don't Sweat the Small Stuff* by Richard Carlson: <http://amzn.to/18v3kep>
- *Don't Sweat the Small Stuff* for Women by Kristine Carlson: <http://amzn.to/18v3F0S>
- *Don't Sweat the Small Stuff* in Love by Richard Carlson: <http://amzn.to/1KLoxTd>
- *The Go Giver* by Bob Burg: <http://amzn.to/1Mlifp1>
- *Who Moved My Cheese*: by Spencer Johnson: <http://amzn.to/1Hni2R8>

BLACKOUT SHADES

One of the most common causes of premature waking is light from street lamps, headlights and the moon. A great way to block these sources of light is with darkening shades.

- Redi Shade Blackout Shade: <http://amzn.to/1AWjt3a>
- Non-Permanent Blackout Window Shades: <http://amzn.to/1AWkfNL>
- Thermallogic Window Liner: <http://amzn.to/1NAzOVp>
- Nighttime Drapery Liner: <http://amzn.to/1FA8zol>