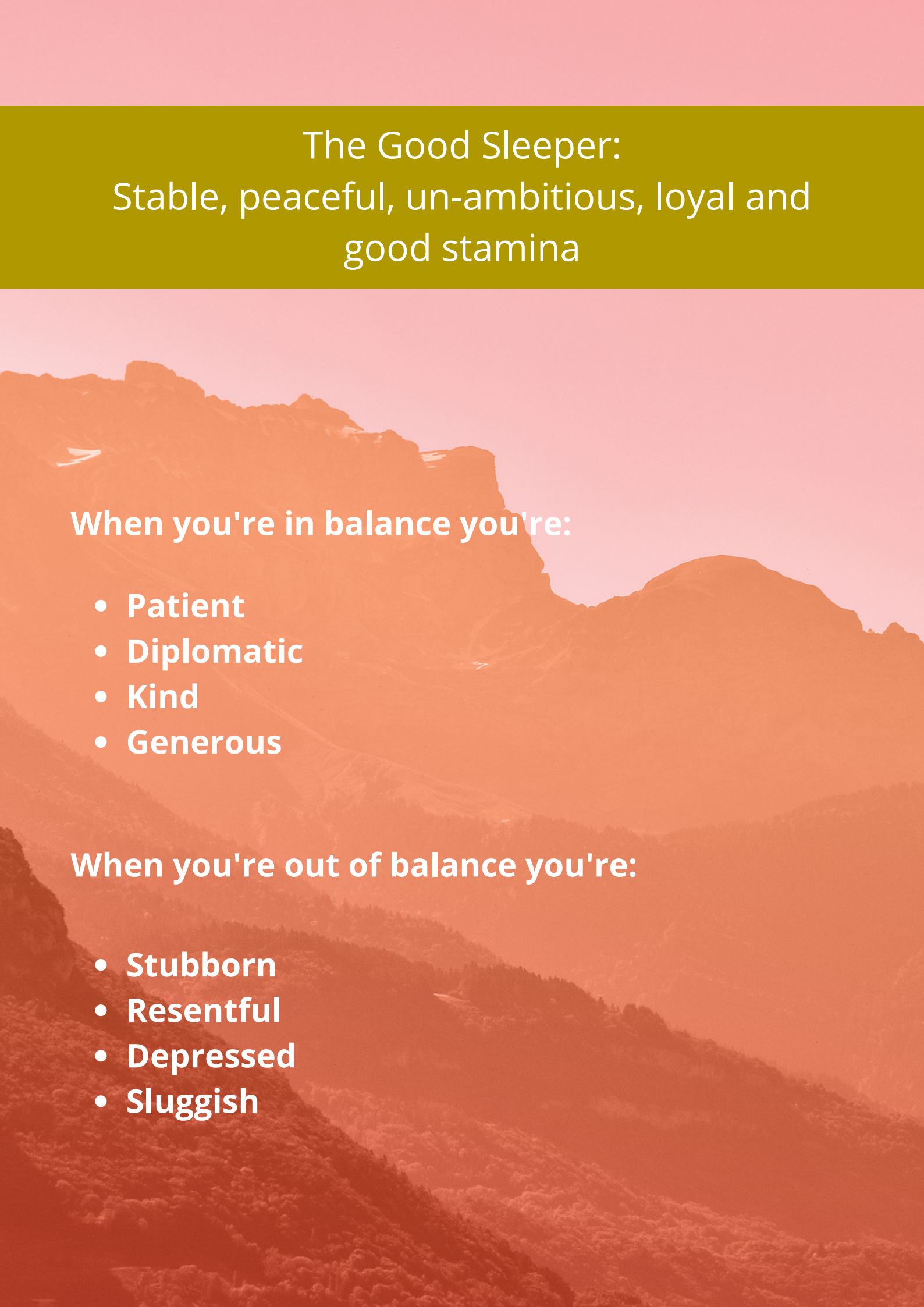


THE GOOD SLEEPER GUIDE



Your uniqueness is your
greatest strength



The Good Sleeper: Stable, peaceful, un-ambitious, loyal and good stamina

When you're in balance you're:

- Patient
- Diplomatic
- Kind
- Generous

When you're out of balance you're:

- Stubborn
- Resentful
- Depressed
- Sluggish

Good sleeper tendencies

Good Sleepers:

Don't usually have a problem sleeping

May have sleep problems when they're upset

Go to food for comfort

Have great stamina. Good Sleepers are your long distant runners, not the short fast sprinters!

Usually good digestion, but can experience digestion problems due to low digestion fire.

Often have problems with poor circulation.

Can be lazy

Love routine and hate change

Bury their head in the sand.

They are patient, steady, and supportive

When under pressure they may go to inwards rather than towards anger or anxiety.

Good Sleeper Wellbeing

Variable Sleeper Key Words: Move - Invigorate

Good Sleepers need to keep moving otherwise they tend to stagnate.

Their qualities are heavy, cold and dense (physically). They have a strong build and can just keep going when they put their mind to it.

Good Sleepers need to have goals and purpose to keep them stimulated.

If they have something troubling them, they comfort eat.

Good Sleepers are susceptible to fluid retention, weight gain and asthma.

How to balance a Good Sleeper

An exercise routine is essential for Good Sleepers.

Set challenges and goals to keep you on track.

Try a liquid fast once per week.

Avoid sweets, cakes and pastries

Reduce your intake of dairy products as they stimulate mucous.

Eat plenty of vegetables with warming spices.

Drink hot ginger and lemon tea with a twist of black pepper.

Have a list of things you'd like to experience and make plans to do so. Good Sleepers need variety

Choose yoga that includes a good amount of movement like sun salutations and active breath work rather than restorative type yoga.

Get out in the fresh air for a brisk walk daily.

Dry body brushing is excellent for Good Sleepers.

ABOUT SLEEPOLOGY BY ANANDI®

Sleepology was developed over 10 years of research into managing sleep disturbance.

In the West, sleep issues are usually dealt with by sleep medication. The sleep medication may well put you to sleep, but the sleep will not be good quality, and the sleep cycles will be disturbed.

When you don't get the correct balance of all the sleep cycles, you may still experience exhaustion, even if you've been asleep for 8 hours. Clients that I see, have often start with sleep medication, but in time end up on anti-depressants.

The causes of sleep problems may be different for different people and the imbalances that manifest will also vary.

Sleepology, therefore, addresses the root cause first, then the relevant imbalances to correct the sleep disturbance.

The 5 Principles of Sleepology by Anandi®

STEP 1 - WHY

A deep inquiry into the equilibrium of the individual constitution using Sleepology principles. A balanced constitution is the foundation of wellbeing.

STEP 2 - HOW

Once we've uncovered the imbalances, I will create for you a detailed report identifying your imbalances with recommendations for the next steps.

STEP 3 - MIND

Grounding principles to manage the nervous system including working with the breath.

STEP 4 - BODY

Movement, physical cleansing, and detoxifying. Vitality emerges when the body is open, flexible and cleansed. After this process, your body will become stronger and more youthful.

STEP 5 - REJUVENATE

Rejuvenation focuses on nourishment of the mind, body and soul.

Find out more about Sleep Mastery 10 week Sleepology programme [here](#)

Next Steps



OPTION 1

If your sleep disturbance is short term, you may find with a few small tweaks from the tips here, you get back to good quality zzzz's!

OPTION 2

If you've been sleep deprived for more than 3 months, we should chat about your personal sleep situation and how you can move forward.

Book a chat with me by [clicking this link.](#)

The background of the image features a series of concentric, light-colored ripples that spread outwards from a central point, creating a sense of depth and movement. In the lower right corner, a portion of a dark, textured rock is visible, adding a natural, earthy element to the composition.

Celebrate your uniqueness

***"Good Sleepers are kind,
thoughtful and loving. They'll
hold you steady and they'll be
your rock"***

About Anandi



Anandi specialises in the management of sleep and stress. She has appeared in all the major glossies including Cosmopolitan, Women's fitness, Psychologies, and the London Evening Standard.

Anandi is also the author of 'Breathe Better, Sleep Better'.

Anandi works with those who are struggling with just about everything and in particular sleep. She knows personally what it's like to suffer from insomnia night after night, month after month, year after year. She understands how lack of sleep ruins your creativity, affects your relationships and has serious effects on your health. She also knows that you look and feel awful when you don't sleep well. For more information about Anandi, [click here.](#)

What others say about Sleepology

"I worked with Anandi and have to say that the results have been phenomenal. I feel better just through and through and have more energy than ever: prior to meeting Anandi I had an erratic sleep pattern and always felt I was chasing my tail trying to stay on top of things. Now I feel I have a sense of calm and structure to my daily routine - thanks Anandi!"

Anil Kumar, CEO Pharma Targeting

"I can't thank Anandi enough. When I first called her I was at the end of my tether. I had suffered from chronic insomnia for 5 years and it was getting worse. I had sleep anxiety every night which meant I was only sleeping a few hours a night (if that), feeling ill and wondering how I was going to get through each day. My emotions were all over the place, I was exhausted and really not loving life the way that I wanted to. But that all changed with one phone call. Right from the very beginning Anandi understood, empathised and gave me the confidence that this would all change. I embarked on her 10 week Sleepology course and I can honestly say it has been the best thing I have ever done and it has changed my life. Anandi was dedicated in helping me and had the depth of knowledge, understanding and patience to guide me through the course which was fascinating, enjoyable and successful. I now go to bed without anxiety and sleep throughout the night every night. It is a revelation and I cannot recommend this course enough. Anandi is a true expert in her field - if you have sleep issues that need resolving you should definitely do this course. With all my heart thank you Anandi"

Debbie Lythe



Let's stay connected

