

THE SENSITIVE SLEEPER GUIDE



Your uniqueness is your
greatest strength

Sensitive Sleeper: The creative, artistic, free spirit

When you're in balance you're:

- Energetic
- Lively
- Enthusiastic
- Creative

When you're out of balance you're:

- Nervous
- Anxious
- Forgetful
- Insomniac



Sensitive sleeper tendencies

Sensitive sleepers:

Are often creative and love to dream big!

Love variety and flow well with change.

Often suffer from bouts of exhaustion.

May regularly suffer from poor digestion and constipation.

When under pressure they tend to go to anxiety rather than anger or depression.

Often have a racing mind.

Have a high susceptibility to insomnia.

Are talkative and chatty.

Learn quickly but forget easily.

Feel the cold and often have cold extremities.

Hate cold weather.

Sensitive Sleeper Wellbeing

KEYWORDS: Relax - Unwind - Recharge

Sensitive Sleepers need grounding and replenishing. They need plenty of peace and quiet and lots of personal space.

Being around others too much is exhausting for a Sensitive Sleeper. Don't overbook yourself. Sensitive Sleepers tend to overfill their diary and then go into overwhelm because they've got too much on!

Sensitive Sleepers tend to get anxious and over sensitive when they're exhausted.

Make some space for yourself daily by topping and tailing your day with some quiet time. Try 20 mins of yoga, breathwork, or meditation in the morning and evening.

How to balance a Sensitive Sleeper

Don't skip meals.

Favour warm cooked food instead of raw cold food.

Go to bed at the same time every day and get up at the same time every day.

Have a regular consistent lifestyle routine.

Eat meals at the same time each day with the bulk of your calorie intake at lunchtime instead of the evening.

If doing yoga, do slow, breath centred yoga, not gymnastic, competitive type yoga.

Keep warm and avoid getting chilled, feeling cold is stressful for a Sensitive Sleeper. Cover the head in extremely cold weather.

Massage with warm oil is soothing for Sensitive Sleepers. Sesame or almond oil is an excellent choice.

Avoid extreme, high-intensity exercise, choose light exercise that focuses on flexibility as Sensitive Sleepers can become very stiff. Do not push yourself and exceed the limits of your energy levels

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 consists of numerous concentric, slightly irregular circles in a light beige or off-white color, creating a ripple effect. A dark grey rectangular box is positioned in the upper-middle section of the image, containing the text.

Celebrate your uniqueness

***"A Sensitive Sleeper's mind is
quicker than lightning, more
creative than a magician and
moves like the wind!"***

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

