

THE VARIABLE SLEEPER GUIDE



Your uniqueness is your
greatest strength

Variable Sleeper:

The competitive, strong, courageous, perfectionist, highly energetic leader

When you're in balance you're:

- Decisive
- Bright
- Confident
- Brave

When you're out of balance you're:

- Angry
- Workaholic
- Critical
- Insomniac



Variable sleeper tendencies

Variable sleepers:

Have strong digestion but when out of balance can experience diarrhea

Have a fiery nature

Are very good leaders and decision-makers

Have high energy

Can be intense, argumentative and judgemental

Often highly critical

Build muscle easily

Tend to have red tones in their skin

Tend to be too warm rather than too cold

May suffer from skin rashes, heartburn and ulcers

Powerful intellect and strong ability to focus with precision

Variable Sleeper Wellbeing

Variable Sleeper Key Words: Cool - Calm - Soothe - refresh

Variable Sleepers need cooling and calming as their nature is hot and fiery.

When Variable Sleepers get focused on a project they are unable to stop until they finish and put unnecessary pressure on themselves. They should review their projects regularly and take some pressure off.

Variable Sleepers will get angry and irritated easily and need space to let off steam. Going for a quiet walk daily will be very helpful.

Variable Sleepers like to challenge themselves by overdoing it at the gym. They often set themselves impossible or outrageous goals. Make these goals a little more moderate.

How to balance a Variable Sleeper

If you enjoy high-intensity exercise, it's essential to balance it with cooling, calming practices like yoga Tai Chi.

Avoid constantly pushing yourself to exceed your limits. Try to be more balanced in your self challenges.

Don't skip meals.

Favour foods that are cooling. Sweet fruits and lots of greens and great choices.

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. Eating a meal later in the evening will make your body create even more heat.

If doing yoga, do slow, breath-centered yoga, certainly not Bikram Yoga (hot yoga) or competitive type yoga.

Get out in the fresh cool air often.

Massage is soothing for Variable Sleepers. Choose cooling essential oils like mint, fennel and chamomile.

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.](#)



Celebrate your uniqueness

***"Variable Sleeper's are on fire!
Your passion is your flame and
your courage is your strength"***

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

