



# **7 CLASSICAL MISTAKES OF THE INSOMNIAC**

---

[thesleepguru.co.uk](https://thesleepguru.co.uk)



## SHINING THE LIGHT ON INSOMNIA

I hope that this booklet shines the light on some of the mistakes we all make trying to deal with insomnia and sleep deprivation.

For me, sleep has always been a holistic matter and is never down to just one thing.

I've identified the top 7 mistakes I've also made and come across continuously with my clients. By sharing them here, I hope I can help you avoid wasting time and going down the wrong road.

My very best wishes

*Alison*

**30%**

**OF US SUFFER  
FROM  
INSOMNIA**



## NOT RESTING EFFICIENTLY

Resting is not just sitting on the sofa watching Netflix. Efficient relaxation involves letting go of all muscular, mental and emotional tension. That usually means doing nothing at all. Each day, tension builds in the mind and the body. Even if you are able to sleep, the tension is still there building which is why you wake up feeling exhausted.

In order to relax completely, the inner tensions of the body, emotions, and mind must be released. A wonderful way to release all the accumulated tension in the body is to practice Yoga sleep either on your bed or laying on a yoga mat. You'll find my free yoga sleep practice [\*here\*](#).

You can do this before bed or anytime you feel you need a rest. 45 mins of Yoga Sleep is worth approximately 3hrs of sleep.

Doing this daily will help you deal with stress and wind you down sufficiently before bed.



## NOT GIVING HOLISTIC HEALING ENOUGH TIME TO WORK

Most of us live our lives at one speed, and that's fast. We've so much to do, we just keep going, and going and going until we've run ourselves into the ground. Then we're so stressed we can't sleep and expect to cure ourselves naturally in an instant.

We've got used to the way drugs work, and we've forgotten that nature needs a little time. When you take a sleeping pill, magically you go to sleep without changing a single thing. You carry on doing the thing that created the sleep issue in the first place. The sleep medication is just masking the problem.

If you don't change something about your lifestyle for a long enough period of time no holistic alternatives will work.

Holistic healing needs approximately 3 months before you start seeing a difference. It will be so worth avoiding the drug route in the long run.



## DOING THINGS THE WRONG WAY ROUND

According to Ayurveda the most potent cause of disease is the mind and emotions. However much natural sleep aids you try, they are not likely to work if you don't address the mind first.

You have to look to the mind in order to deal with a sleep issue.

When you go through my programme, I'll give you tools to unravel a chaotic mind so that the holistic solutions will start to work.

Yoga Sleep, as mentioned above, is an incredible practise for releasing mental and physical stress.

Once the mind is more settled, one can go about physical cleansing and nourishment, not the other way round.





## KEEP PUSHING THROUGH

Your body will give you signs way before you actually develop a problem. That little headache, or just feeling a little off colour is a message. Mostly we ignore those, have a glass of wine or just sit down in front of a movie. Instead, we should be wondering why we always have a headache. Maybe it's just dehydration and a good glass of tepid water would sort it out. Maybe it's just too much screen time. We've got used to the easy option, or rather the lazy option.

The body is a reflection of the state of mind. If the mind is in constant overdrive, the systems of the body can't function properly. The body will be in the stress response constantly. Understanding your constitution will help you learn how to look after yourself better.

You can take the free quiz on [www.thesleepguru.co.uk](http://www.thesleepguru.co.uk) to give you an idea what your constitution is so that you can start taking steps to look after yourself better.



## THINK THAT GADGETS WILL BE THE KEY

We've all been sucked into promises that gadgets and apps will cure a sleep problem.

The only thing that will cure a sleep problem is sorting out the cause of the problem.

This involves looking at the emotions, causes of stress, diet and lifestyle in order to identify required changes that will allow the mind to settle.

Don't be tempted by the gadgets. Do some yoga, have some quiet time or go for a nice walk. Better than any gadget!

Only a quiet mind will sleep at night.





## THINK THAT DRUGS ARE THE ANSWER

The NHS give out 10 million prescriptions for sleep medication per year. That's a lot of medication.

Sleep deprivation will cause headaches, high stress levels and digestive issues just to name a few.

Picking up a prescription for the manifestation of sleep deprivation will only mask the issue.

You'll continue in the same vain, and the messages will get bigger!

Deal with the sleep issue and you won't need the drugs.





## LOSS OF SPIRITUAL CONNECTION

Ayurveda places a lot of importance on our spiritual connection whatever that is for you. It's not at all interested in dogma, only in the fact that we are not just flesh and bone, we are more than that.

Losing our connection with the soul makes us unhappy. It creates separation makes us greedy, needy and selfish.

Having some spiritual practice in your life soothes your soul, releases stress and connects us to the inner voice of wisdom.

It helps us stay on our path and reduces stress. This is most certainly good for sleep issues.



## ABOUT THE SLEEP GURU

Alison Francis, also known as Anandi, The Sleep Guru has been in the wellness field for 30 years. She's the creator of Sleepology, a new well-being process and in-depth inquiry into the causes of stress, exhaustion and sleep issues.

Anandi is the author of 'Breathe Better, Sleep Better' which explains how to use the breath as a healing tool, not just for sleep, but for well-being as a whole.

She has appeared in the press in all the major glossies including Cosmopolitan, Women's fitness, Psychologies and the London Evening Standard.

**"You don't need drugs, you just need balance. I can help you find that balance"**

---

**TSG**  
**THE SLEEP**  
— GURU —