

‘Paul Emery’s Sleep Better Tonight Tips’ ©



Consider the following questions for a moment:

What do you think the reasons are behind a poor night's sleep for some people?

What would they be for you or a loved one?

What are the consequences of a poor night's sleep?

What are the consequences for you particularly?

As you may realise from answering those questions, and in my experience, with the majority of sleep problems there can be a lot of variables. From too much caffeine during the day, to a restless worrying mind!

There often isn't just one cause and just one solution.

Sure a lot of people have things in common that prevent them from having a great night's sleep, but it can also vary greatly from person to person. That's why I tailor my sleep improvement consultations to the individual client.

However, here are some general practical tips I've researched and used with my clients over the past couple of decades to help them get a better night's sleeeeeeep!

1. Make sleep a priority! So often people just don't prepare as they need to to get a proper night's sleep. What can you do to prepare better, each and every night?
2. Some helpful natural sleep aids can be the following supplements:
Bio-Magnesium - Valerian - L-Theanine (relaxes, reduces overactive mind)
- Lecithin (PS) (lowers cortisol/restlessness @ night) - Melatonin - 5HTP
(always consult your doctor first and do your own research to see what would help you best)
3. Exercise for approx 30 minutes or more three times or more per week (early in the day if possible.) Even walking or swimming is great and low impact
4. Get some natural daylight each day for at least 15 minutes
5. Avoid caffeine after approx 2pm
6. Finish eating, preferably a light meal approx 3 hours before bed
7. Ensure a dark bedroom for sleeping, or wear eye shades if needed
8. Eating approx 2 Mangoes a day increases phytochemicals - amino acids and fructose (which restores depleted neurons in the brain) which can aid a restful nights sleep)
9. Create to-do list for the following day early in the evening, then put it out of mind
10. Cut out alcohol before bed as consumption disturbs people from getting a proper, deep and restful sleep

11. No TV/Mobile viewing approx 1 hour before bed, or if must dim the screen, or wear blue light blocking glasses
12. Place pen and paper on the bedside table if you need to remember something that comes to mind during the night. And write in the dark if possible!
13. Avoid confrontations before bed, or if its unavoidable resolve it amicably as quickly as possible, then neutralise it with some of Paul's QEPR techniques
14. Spend some quiet time before bed, meditate or do some calming sleep inducing techniques - Havening or TFT for example
15. Go to bed only when sleepy!
16. If have to read or watch TV or mobile in bed then ensure something non-stimulating
17. Your bed is only for 2 things - making love or sleep!
18. If laying awake don't watch the clock. Turn the clock away from you!
19. If you're awake for more than 20 minutes, go do something non-stimulating, non-rewarding and boring! This will train your subconscious mind not to wake you. After all you'll only go do something tedious right!
20. Get up half an hour earlier than usual (for approx 2 weeks). This will reset your body clock

I hope you found something of interest and useful you can apply to your nightly sleep regime!

If you have any additional sleep tips you'd like to share then please just email me.

An expanded and more comprehensive e-book version of this, that includes more practical tips and the very latest tried and tested sleep inducing techniques and strategies, will be launched shortly.

[Below are a few techniques you can use to help you sleep better, reduce stress, anxiety and worry and boost your energy and internal health!](#)

The 3 thumps

- 1) Tap x20 below collar-bone at the soft in-dents next to breast bone
- 2) Then tap x20 centre chest on breast bone
- 3) Tap x20 on ribs just under breasts

(Jump starts, lifts and stimulates energy, corrects any backward energy flow, boosts and strengthens immunity, fights infection, releases stress, focuses mind, aids concentration, balances blood chemistry, helps metabolize food).

TFT (Thought Field Therapy)

- Tune into and focus on ‘one’ specific problem, one specific feeling, for example what makes you feel stressed, anxious.
- Scale the intensity of the problem felt ‘now’ 0 to 10. Zero being the lowest, ten the highest
- Knock together both sides of your hand (‘karate chop’ style) approx 10 times whilst tuning into your unwanted feeling
- Then tap lightly with your finger-tips with either hand, on either side body, each following point approx 10 times

1. UNDER NOSE
2. MIDDLE OF CHIN
3. BEGINNING OF EYEBROW – next to bridge of nose
4. UNDER EYE – under pupil on edge eye socket
5. UNDER ARM (approx 4 inches below – 10cms)
6. UNDER COLLAR BONE – small indents where meets breastbone

- Relax. Take a deep breath in through nose and out through mouth. Review intensity of problem 0-10 again. Has it reduced? Any intensity remaining simply repeat the process until the feeling has gone or reduced satisfactory enough



https://youtu.be/hnI1Z1_4SX0

‘Calming and Balancing Breathing Method’

This easy practice is proven to quickly put your mind/body into balance. It resets your nervous system enabling you to be more peaceful, calmer, less reactive and sleep better! It also increases your anti-aging hormone DHEA. And we’d all like to look younger right ;-)

Place one or two hands over the heart area and imagine breathing through your heart.

As you focus on breathing through the heart area, bring to mind and focus upon a positive emotion i.e. love, thanks, gratitude or caring.

It could be about someone or something. You can change from subject to subject as long as you maintain a positive feeling throughout.

Whilst maintaining this, inhale for a count of five, exhale for a count of five. Breathe in a regular, smooth, steady way like this for at least 5 minutes several times a day.

If you have difficulty maintaining a positive emotion, you can still focus on your breathing and you will still feel the benefits.

Online consultations or training with Paul are available:

To book an initial free chat to discuss how I can help you, email:

paul@quantumepr.com

www.quantumepr.com

(Feel free to use this resource and pass on to help others. I would be grateful if you'd also cite me as the source.)

To your health and well-being,

Hugs, Paul!

paul@quantumepr.com

www.quantumepr.com