

FREE CHECKLIST

A SIMPLE GUIDE TO QUALITY SLEEP

FOR BUSY LADIES



Welcome!

My name is Tammy Dungan, I am a Holistic Wellness coach and the Founder of the Limitless Ladies Network LLC. I am happy to share this free checklist guide to quality sleep so you can wake each day ready to thrive! Follow these simple steps to set a routine for a tranquil nights rest.



ABOUT ME

After three years of suffering from debilitating Lyme Disease and Spondyloarthritis that landed me in a wheelchair, I implemented holistic nutrition and lifestyle changes to successfully regain my strength, mobility, and well-being.

My struggles empowered me to learn all I could to serve women suffering from similar afflictions, just like you!

During my long battle with Lyme Disease and Spondyloarthritis, sleep became a major struggle, that exacerbated my symptoms and increased my stress.

To allow myself ample rest to rejuvenate my body, mind & spirit, I initiated this bedtime routine to help me settle into a restful nights sleep.

Tammy Dungan,

Founder, & Wellness Coach

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A GUIDE TO QUALITY SLEEP

MORNING ROUTINE

- ☐ Take a deep breath of peppermint oil, on hands or in diffuser.
- ☐ Get outside for 15 minutes within 1 hour of waking up.
- ☐ Sip coffee/tea approx. 90 minutes after waking.
- ☐ Enjoy a large breakfast with a palm size portion of protein.

DAY TIME HABITS

- ☐ Step outside for 15-30 minutes.
- ☐ Cut caffeine intake after 1pm.
- ☐ Plan next days tasks before leaving work, & leave on time.
- ☐ Exercise 3 hours before bed.

EVENING ROUTINE - 2 HOURS BEFORE BED

- ☐ Unplug, shut off electronics.
- ☐ End snacking.
- ☐ Spray lavender spray on pillows and/or sheets.
- ☐ Shut all shades, cover all light emitting devices.

BED TIME

- ☐ Go to bed at the same time each night
- ☐ Lay flat on your back (if possible) breath in for a count of 7, hold for 7, release slowly for 7. Repeat 4 times.
- ☐ Concentrate on normal breathing thereafter.
- ☐ Sweet dreams!



WANNA LEARN MORE?

As a holistic women's wellness coach, I specialize in empowering ladies to advocate for themselves by providing them with tools and strategies to build self-confidence, and improve their overall well-being.

Let's see if we can work together to create a plan that will help you thrive and live the life you have always envisioned. Click the button below to schedule a free Heart2Heart consultation.

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