



Skye Baird's  
**3 Step Routine To The  
Best Night's Sleep  
You'll EVER Have!**



[www.SkyeLifeStyle.com.au](http://www.SkyeLifeStyle.com.au)

# Yes!

You can get a better night's sleep in just 3 simple steps and in this report I'm going to show you how. PLUS not only will you get the best night's sleep you've ever had, but I will also show you how to get loads of energy to get you through your busy day and start looking and feeling better every day.

SAD FACT: Did you know that approximately 80% of Australian adults suffer from a poor night's sleep every night?

Why is it that with all the medical support and treatments available, do so many people continue to accept this as a normal part of life?

But that's **not** going to be the case with you is it?

The fact is that YOU can have better night sleep and most Australians could also if they knew what I'm about to show you.

Why is my 3 step solution going to give you a better night's sleep?

Simple... **It works.**

How do I know? Because I've used this simple 3 step solution to not only enjoy a more refreshing night's sleep in my life for more than 6 years, but everybody I shared this with has also.

In The Past 6 Years I Have Shared This Simple Process With Hundreds Of Family, Friends and Students, And All of Them Agree... **This WORKS!**

This routine will do **THREE** big things for you...

- 1. You will enjoy a rejuvenating and deep nights sleep*
- 2. You will wake up feeling refreshed and energised and ready to tackle the day*
- 3. PLUS you will feel more relaxed and less stressed throughout your day*

Side Note:

The body does its best healing during sleep. When you are able to get a deep sleep each and every night your body can heal quicker.

The VALUE of a good nights sleep cannot be underestimated. By following my instructions your body will be able to perform its healing duties at an optimum level, ensuring you get maximum benefit from each night's sleep.

### **3 Step Routine To The Best Night's Sleep You'll Ever Have:**

#### **#1 – CREATE A SLEEP ROUTINE**

With a Sleep Routine all you need to do is train your body to gear down for the night, and prepare for a relaxing, enjoyable night of rejuvenating sleep... and make it a habit.

- **Wash away the day** - Having a shower or bath is an important part of your sleep routine because it cleanses the body and the mind.

- **Enjoy a warm cup of tea** – Chamomile tea calms the mind and helps to cleanse your intestine of toxins accumulated from the day.

- **Open a book** - Switch off the TV, find a quiet spot, and read something positive and uplifting 30 minutes before going to bed.

- **Commit to a 10pm sleep time** - Our best sleep is achieved when we hit the sack by 10pm... this gives us the best chance to go into our deepest sleep. Try this for a week and you'll see results.

#### **EXTRA TIP:**

For extra relaxation purchase some healing Epsom salts from your local health food store and add approx. 5 drops of an essential oil blend such as lavender or rose, with 1 cup of Epsom salts. Place the oil and Epsom salts into a zip lock bag, shake and drop into the bath. This draws the toxins from the body while relaxing your body.

#### **#2 – PREPARE YOUR SANCTUARY**

- **Keep your room cool** – The temperature of your room affects your sleep. Most people sleep best in a slightly cool room with adequate ventilation.

- **Make sure your bed is comfortable** – you should have enough room to stretch and turn comfortably. If you wake up with a sore neck or back it may be time to invest in a new bed!

- **When it's time to sleep, make sure the room is dark** – the darker the room the better the sleep. Use heavy curtains to block the light or use an eye mask.

- **Deep breathing** – close your eyes and take deep relaxing breaths through the nose. Lie on your back, place your left hand on your heart and the right hand on the abdomen and notice the rise and fall of your breath.

#### **EXTRA TIP:**

If you don't have a pillow top bed, make sure you turn over your mattress every few weeks to avoid sagging in the middle of the bed. This can make a HUGE difference.

### #3 LEARN TO MEDITATE

- **Start in Lotus position** – sit on your bottom and place the right heel on top of the left inner knee. Keep the spine long by sitting up against a wall or in a chair for maximum comfort. Invest in a 'zabuton', a Japanese style meditation seat which cushions the buttocks.

- **Use the relaxation mantra 'SO...HUM..'** – Guide your body and mind into relaxation. Take a deep breath in through the nose and repeat the word 'So'. Then slowly exhale through the nose and repeat the word 'Hum'. Repeat this process for as long as you can, aiming for 20-30 minutes.

#### **EXTRA TIP:**

Invest in an oil burner and chose a soothing and relaxing aroma, such as Skye LifeStyle's Nurture blend, including a mix of Rose Geranium, Lavender and Fragonia.

## **How To Get Even More Relaxation And Wellbeing Advice.**

In this report I've given you a simple 3 Step Routine to use to get the best night's sleep you've ever had starting TONIGHT! With my simple three (3) step routine you will start getting a better night's sleep, you'll enjoy better energy throughout the day, and better clarity and focus in your daily life.

All you need to do is put what you have learned in this report into action and you WILL start seeing results.

But this isn't the end of the story...

I have actually developed more great tools, reports and materials to help you improve other areas of your health that I'd like you to have.

In particular I have developed 'Yoga On The Move' a 2.5hr Audio CD Collection containing 3 CD's. This relaxing audio package includes a 1hr Beginners Yoga Class CD, a 1hr Intermediate Yoga Class CD and a 30-minute 'Rainforest Meditation' CD all beautifully packaged and ready to burn to your iPod and listen to whenever you need to drift away to a more peaceful place.

With the 'Yoga On The Move' CD collection you can enjoy a yoga session the next time you're at the beach or relaxing in a park, or listen to it before entering an important business meeting.

Have you ever considered a yoga or wellness experience within your next business meeting or corporate retreat event?

What about a jetlag recovery yoga experience upon arrival into Sydney for your next incentive event to energise and revitalise your delegates?

Skye LifeStyle offers these unique experiences and many more. Why not sign up for a weekend yoga retreat at Q Station Manly may? Enjoy a 2-night luxury stay overlooking the beauty of Sydney while resetting the mind.

Vibrant, energetic and spectacular, Sydney puts on a breathtaking show right throughout the year. With its relaxed outdoor lifestyle, stunning natural beauty and exuberant spirit, you really will love every second of your time in Sydney.

Skye LifeStyle's relaxing audio package is only \$37 and is available at...

<http://SkyeLifeStyle.com.au/Yoga-On-The-Move>



*Thank you for reading this report. I hope you got a lot out of it and I wish you the best night's sleep ever!*

*We hope to see you in Sydney soon!*

*Light and Life,  
Skye Baird  
Creator, [Yoga On The Move](#)*