



COMPLETE GUIDE TO

SLEEP CARE

Best Practices for a Restful and Happier You

Kiki Ely

COMPLETE GUIDE TO

SLEEP CARE

Best Practices for a Restful and Happier You

Kiki Ely





COMPLETE GUIDE TO

SLEEP CARE

Best Practices for a Restful and Happier You

Kiki Ely





Inspiring | Educating | Creating | Entertaining

Brimming with creative inspiration, how-to projects, and useful information to enrich your everyday life, quarto.com is a favorite destination for those pursuing their interests and passions.

© 2022 Quarto Publishing Group
USA Inc.

This edition published in 2022
by Chartwell Books,
an imprint of The Quarto Group

142 West 36th Street,
4th Floor
New York, NY 10018
USA
T (212) 779-4972
F (212) 779-6058

www.Quarto.com

All rights reserved. No part of this book may be reproduced in any form without written permission of the copyright owners. All images in this book have been reproduced with the knowledge and prior consent of the artists concerned, and no responsibility is accepted by producer, publisher, or printer for any infringement of copyright or otherwise, arising from the contents of this publication. Every effort has been made to ensure that credits accurately comply with information supplied. We apologize for any inaccuracies that may have occurred and will resolve inaccurate or missing information in a subsequent reprinting of the book.

10 9 8 7 6 5 4 3 2 1

Chartwell titles are also available at discount for retail, wholesale, promotional, and bulk purchase. For details, contact the Special Sales Manager by email at specialsales@quarto.com or by mail at The Quarto Group, Attn: Special Sales Manager, 100 Cummings Center Suite 265D, Beverly, MA 01915, USA.

ISBN: 978-0-7858-4030-5

Digital ISBN: 978-0-7603-7525-9

Library of Congress Control Number: 2021950749

Publisher: Wendy Friedman
Editorial Director: Betina Cochran
Creative Director: Michael Caputo
Editor: Meredith Mennitt
Designer: Sue Boylan
Image credits: Shutterstock

Printed in China



Contents

INTRODUCTION — 10

What is Sleep Care?
How to Use This Book



1 THE FOUNDATIONS OF SLEEP

SCIENCE — 16

What Is Sleep?
Two Types of Sleep
The Sleep Cycle

BENEFITS — 20



CIRCADIAN RHYTHM — 22

*Understanding the Roles
of Day and Night*
Rhythm Balancing Exercise

AGE — 26

Sleep Needs Based on Age
*Identify Your Sleep
Schedule Exercise*



2 SLEEP SANCTUARY

SURROUNDINGS — 32

The Elements of a Sleep Sanctuary
*Dream Your Sanctuary of
Slumber Exercise*
Feng Shui and Your Sleep Sanctuary
*Feng Shui Your Bedroom
Exercise*

SUPPORT — 42

Sleep-Inducing Support
The Perfect Pillow
Mattress Matters
Sleepy Sheets
*Sleepwear for Optimum
Comfort*
*Socks – An Overlooked
Sleep Aid*
*Sleepytime Fabric
Analysis Exercise*

COLOR — 52

The Influence of Color
Using Color to Calm



LIGHT — 56

How to Layer the Lighting
in Your Sanctuary

Banishing Blue Light

AIR — 62

Do You Need an Air Purifier?

The Perfect Houseplants for
Healthy Sleep

Identifying Your Ideal Temperature
and Humidity

Prioritizing the Air Around You
Exercise

SCENTS — 66

Essential Oils – The Three You Need

Make Your Own Scented Lotion

Using a Diffuser – Mist or Reed

SOUNDS — 68

Mastering Sound Frequencies

Take a Sound Bath at Home

Create Your Own Soundscape

3

GREAT SLEEPS STARTS WITHIN

INNER PEACE — 76

EXERCISE — 78

*Sweat it Out – Great Daytime
Workouts for A Restful Night*

Dance at Home Exercise

EATING & DRINKING — 84

Eating and Drinking for Sleep

Sleepy Food Shopping List

Drinking for Sleep

ROUTINE — 90

Evening Water Ritual –

*Create Your Own
Wind-down Ritual*

Yoga and Meditation

*Intention Setting and the
Phases of the Moon*

Moon Flow Exercise

Breathwork

Breathing for Mindfulness

*Count and Breathe Yourself
to Sleep*



TAMING ANXIETY — 110

How to Get it Out of Your Head
and Onto the Page

Create a Dump Journal

*Drift Off with Thoughts
of Gratitude*

Answer Your Anxiety Exercise

VISUALIZATION — 116

Using Visualization to
Fall Asleep Faster

Empty Room Visualization

Starry Night Visualization

Float Away Visualization





4

WELCOME TO NEVER-NEVER LAND

DREAMS — 121

The Science of Dreams

*Your Subconscious: The Director
of the Movies in Your Mind*

A Guide to Setting a Dream Intention

Dream Journals

Dream Interpretation

5

RISE AND SHINE WITH INTENTION

LIGHT — 140

Let the Light In

How to Wake Up

The Power of the Slow Start

Your Morning Routine

Wake with Water

Start with Self-Care

Take a Rest Assessment

THE BIG FOUR — 154

Hydration, Affirmation, Movement,
and Gratitude

Incorporating Mindfulness and
Rest into Your Day

Stop and Breathe

5-minute Anxiety Release

Visualization to Get Present



164 — STAY IN TOUCH

166 — THANK YOU & ACKNOWLEDGMENTS







Introduction

Imagine a day where everything is going your way. You feel focused and present. You make decisions with ease. You are aware of your emotions and are able to sustain a feeling of happiness and well-being. You feel energized and calm. You have moments of laughter and moments of connection. You catch a glimpse of yourself in the mirror and you look the way you feel: bright-eyed, joy-filled, and radiant.

You might be thinking, *“Yeah, I know that feeling really well! I actually felt that way last week/yesterday/this morning! Life is fantastic!”*

OR

You might be thinking, *“Yeah, right. Stress, indecision, and responsibilities are everywhere. I don’t know if I’ve ever truly felt that way. Life is hard.”*

Truth #1: Most people have a train of thought that is closer to the second line of thinking than the first.

Truth #2: The difference between the two modes of thinking is all about mindset, right? Well - sort of. “Mindset” is composed of a bunch of tiny elements, but the foundational element of a positive mindset is (drumroll, please) *quality sleep*.

Not your family. Not your friends. Not a fulfilling job. Not your bank account. Not what you ate for breakfast. Not where you live. Not who you love.

The foundation is sleep.

Simply put: the quality of your sleep is the foundation for the quality of your life.

If that sentence made you panic because you hold the belief that you are “not a good sleeper,” stop that mode of thinking right now. Why? Because you have this book. That means that you have countless solutions at your fingertips. You have the ability to retrain - or simply remember - how to sleep.





What is Sleep Care?

Sleep care is the creation of habits, the acquisition of knowledge, and the intentional curation of an internal and external environment to facilitate rest.

Most importantly, sleep care is a foundational component of a well-lived life.

How to Use This Book

This book was formatted and organized to allow you to build upon foundational sleep knowledge with each turn of the page.

In addition, this book was also organized in a way that allows you to intuitively use it or to search for something specific using the table of contents.

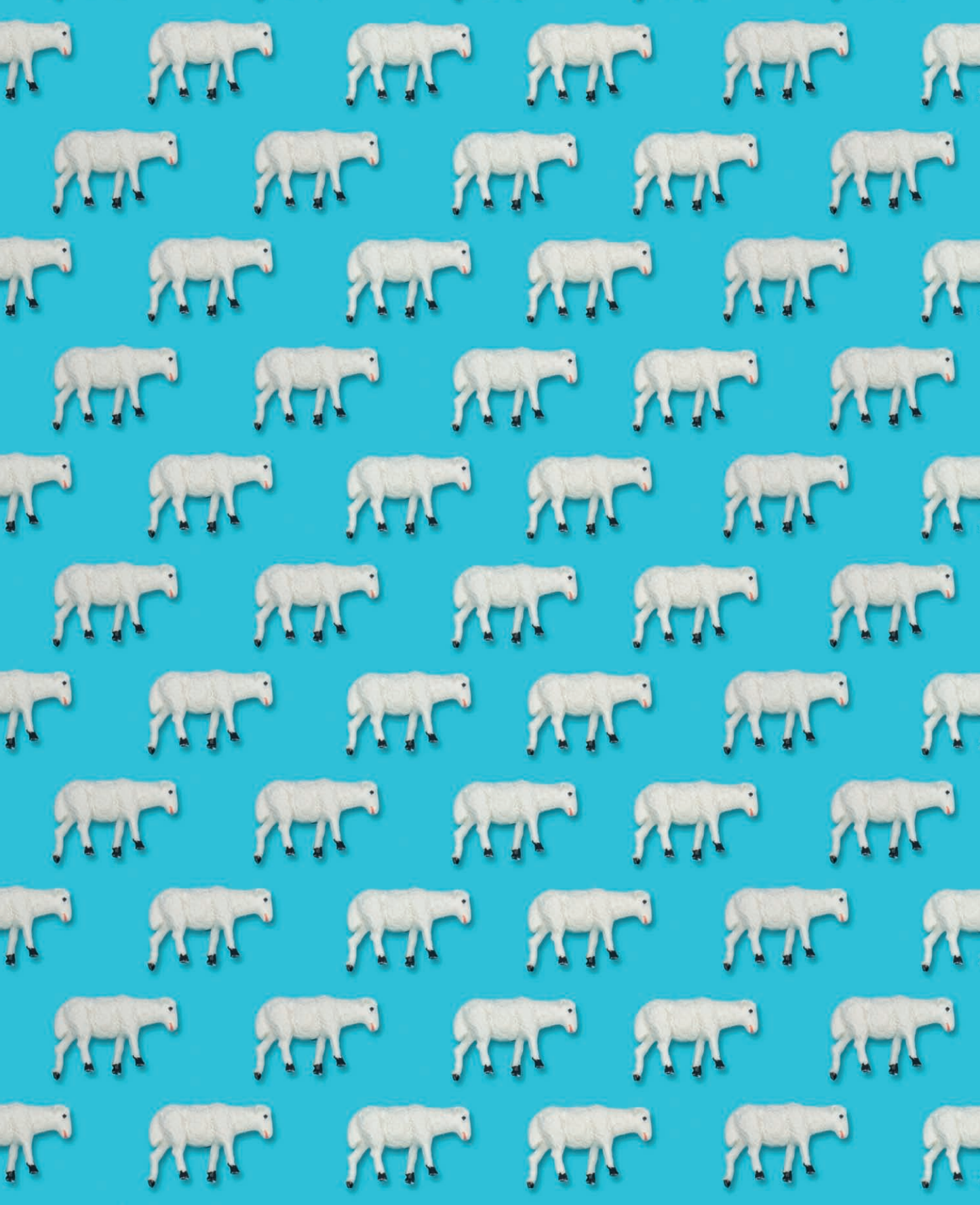
Feel free to read the book in order from the first page to the last. You can also use the book to address a specific sleeping concern or open the book to any page and start there. This book is a tool for you to use as you see fit.

It was written for you.

However you choose to use this book, my hope is that it enhances your life the same way the knowledge in these pages has enhanced mine.

Love (and lots of light),

KIKI



1

THE FOUNDATIONS OF SLEEP

Increase Your Knowledge to Become a Master of Slumber

*“It’s amazing how lovely
common things become, If one only
knows how to look at them.”*

- LOUISA MAY ALCOTT -