

*a n d s h e s l e e p s*

*Even when it's only one more hour a night*

**10 TIPS TO  
BETTER SLEEP  
FOR BUSY  
WOMEN**

*With Yvette Sechrist McGlasson*



*This is dedicated to all of my fellow  
seafarers and crew members that  
sacrifice their lives to work and serve  
onboard a cruise ship to provide a better life for their  
families back home.*

*To those who learn to handle the long hours and  
say “I’ll sleep when I’m on vacation.”*

*For 20 years, I was one of you.*

*Thank you for your service in helping strangers  
become friends.*

*Fair winds and following seas!*



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**W**hen it comes to our peak state, the one thing we ALL NEED for performance has a tendency to be at the **bottom** of our priority list but it's the difference between **acing the test** or just making the grade. **Lack of sleep** sends us into REACTION or instead of RESPONSE when situations (and let's face it ... people) get under our skin.

When we sleep well, we are 45% less FRUSTRATED.

When we sleep well, we are 45% less ANGRY.

When we sleep well, we are 45% less IRRITABLE.

When we sleep well, we are 55% better prepared to handle the STRESS in our lives!

**SLEEPING WELL IMPROVES the quality of our lives by a whopping 55%!**

**S**leep has become the most undervalued commodity, not just in the United States but in the world and yet it seems as if operating on less sleep has become a badge of honor, providing someone with bragging rights to the victor! I don't know about you but I don't recall "lack of sleep" as a Scout badge. Although joining a college fraternity or sorority may include some form of sleep deprivation during your hazing, there are no competitions or prizes awarded to those who sleep the least!

- Lack of sleep increases **STRESS**. This is a Catch-22 because stress keeps us up at night. Have you ever had one of those nights where you fall into bed exhausted, looking forward to a straight eight hours of sleep, but find yourself wide awake a few hours later? You lie there, tossing and turning, desperately trying to fall back to sleep.
- Lack of sleep leaves us irritable and affects our **RELATIONSHIPS**, both personal and professional. We lose the ability to tolerate others, and in the end, we make poor decisions.
- Lack of sleep affects our hormone production. Because of this, we gain weight quickly and then struggle to lose it. Ladies, do you deal with that belly fat that just never seems to go away? It might be an imbalance in your cortisol production levels.
- Lack of sleep affects our desire to work out and stimulates those unhealthy food cravings that sending us snacking in the wee hours.

**It is my hope that within these pages, you will find some relief!**



**S**leep is one thing that we ALL have in common! **Every human being, every animal on this planet, needs sleep to survive. And of all the species on this planet, HUMAN BEINGS are the ONLY ones who deprive themselves of sleep ... ON PURPOSE!**

How insane is that? So I ask you, when was the last time you weren't tired? With everything going on in the world today, it's no wonder we are exhausted ... mentally, physically, emotionally, psychologically and maybe even spiritually. These facets of our lives are directly affecting our sleep and not just the length of time we sleep but also the quality of our sleep.

Sleep is so important that even different branches of the military have studied it. Sleep disorders in the military show results: Anxiety/PTSD, emotional trauma, substance abuse, and depression. The U.S. Army also studied the relationship of sleep and how it directly impacts their Sharp Shooters ([NCBI.gov](http://NCBI.gov)). Their in-depth studies measured how intentional sleep deprivation and lack of sleep affected the accuracy of shooting at a target.

Recall a scene from any war movie you've ever seen. A soldier is captured behind enemy lines and to get him to talk, they use sleep deprivation to break them down, eventually revealing deep state secrets. This is not just true in the movies, it's real!

Here are the results of the study ...

**With seven hours or more of sleep, they demonstrated a 98% accuracy rate.**

**With six hours of sleep, they demonstrated a 50% accuracy.**

**With five hours of sleep, their accuracy dropped to a 23%!**

**Anything less than five hours of sleep and they were at 13% accuracy rate.**

In these statistics, you can see how critical sleep is. What if you were to apply that to your life and what you do for a living or simply apply that to your relationships? Compare what you do with these numbers and it might help put some things into perspective for you.

By now you might be saying to yourself "Yvette, I work with numbers so why would sleep be as important for me as it is for someone in the military?" Because when it comes to accuracy in numbers, lack of sleep could be the difference in decimal points ... a \$2.00 mistake could become a \$200,000.00 mistake. And don't you want to be the best version of you that you bring to all of your relationships?



**S**leep is deeply connected to every aspect of our physical and mental health. There is not one part of our body that is NOT affected by our sleep or lack thereof. **According to a Gallup poll in 2016, 40% of all American adults are sleep deprived, which means that they are clocking significantly LESS than the recommended minimum of seven hours of sleep per night.**

The crisis is global and the biggest negative impact is on our brain. I'm convinced that we have been brainwashed into thinking we don't need sleep. It's as if we are being subliminally told we are "weak" when we crave sleep. The ultimate guilt trip! Was this mindset adopted to challenge us to work longer hours and be OK with it?

As a former cruise director, I watched thousands of guests come onboard each week, excited to be on vacation and yet, it would take them about three to finally relax and let go of the "working" mind. By the end of the cruise, they were finally ready to LIVE, having been rocked to sleep each night like a baby, but then it was time to return home to the rat race! Back then, I never understood the "why" but now, after transitioning to life on land, I get it and it's insane!

**H**ow much sleep do you really need according to **The National Sleep Foundation:**

Newborns (0-3 months):	14-17 hours daily
Infants (4-11 months):	12-15 hours daily
Toddlers (1-2 years):	11-14 hours daily
Preschoolers (3-5 years):	10-13 hours daily
School age children (6-13 years):	9-11 hours daily
Teenagers (14-17):	8-10 hours daily
Younger adults (18-25):	7-9 hours daily
Adults (26-64):	7-9 hours daily
Older adults (65+):	7-8 hours daily

The ancient science of Ayurveda also breaks down the amount of hours we need per night, depending upon our DOSHA. Kapha's need the least with 6 hours. Pitta's are in the middle with 7 hours and Vata's need the most with 7-8 hours. There is a generic Dosha quiz



available on the Chopra website: <https://chopra.com/dosha-quiz> or download my more detailed version, available on my website.

**N**ow what about the impact of lack of sleep!  
Check out these facts:

- There is a connection between lack of sleep and an increased risk of heart attack, stroke, diabetes, and obesity. Getting enough sleep is really a matter of life and death.
- In a Norwegian study, people who had trouble falling asleep were involved in 34% of all fatal car accidents.
- Low levels of melatonin production, is linked to higher rates of breast, ovarian, and prostate cancers.
- By weakening our immune system, sleep deprivation also makes us more susceptible to the common cold.
- Poor sleep has been linked to Alzheimer's and scientists are FINALLY just beginning to understand how the sleep disruptions drive the disease.
- Sleep deprivation causes the TAU protein levels in the brain to increase and then instead of being "dumped or flushed" at night during typical brain activity, the TAU proteins entangle themselves throughout the brain. TAU tangles are directly associated with Alzheimer's disease and brain damage.
- DAYLIGHT SAVINGS TIME: When we spring forward, and lose that precious hour of sleep, there is a 24% INCREASE in heart attacks the very next day. When we fall back, there is a 24% DECREASE of heart attacks the very next day. The same goes for car accidents and suicide rates!

We need restorative sleep to process all of the information we take in during the day, and while it's especially important for children, this applies to ALL human beings. If we are trying to learn something when we are tired, our brains are literally flooded already, so the new information bounces off and little to nothing is retained. **With sleep deprivation, you retain 40% LESS than someone who sleeps well.**

**W**e know that sleep acts like a dishwasher for the brain, flushing the toxins and proteins that build up in the brain during the day. But sleeping pills are like going into surgery with a dull knife. Imagine how that would work out for you!



Sleeping pills do not give you the quality of sleep that your brain needs because they are not natural. It's like when you drop into bed completely exhausted or even over-indulging from your favorite adult beverage. You pass out, but your brain doesn't get the kind of rest it needs ... you don't go into rapid-eye movement (REM) sleep! Sleeping pills and alcohol act as an inhibitor. Personally, I use small doses of melatonin, mainly around Daylight Savings Time or when I travel and need to adapt to a new time zone, and I never touch sleeping pills.

Recently I read of a woman who was taking one of those popular prescription sleep pills and started getting these random packages in the mail, fully of racy clothing and lingerie - nothing that she would normally wear! Thinking that she was a victim of identify theft, she notified her credit card company, only to discover that SHE was the one placing the racy orders! It seems that while she was under the influence, she was going on line, shopping and ordering the clothing herself! I wonder if that is written in the disclaimer?

**S**o let's talk about aging. With the rapid rise of our Alzheimer and dementia population, it's putting a tremendous strain on families, not just the medical and societal implications.

**As we age, our ability to learn DECLINES as does our ability to experience restorative sleep.** Do you see the connection? It has been suggested that the disruption of DEEP SLEEP is what is contributing to our cognitive and memory decline. It's ironic that we are getting less of the thing we really need: restorative sleep!

Just as we began, one simple change to your sleep habits will make your life 55% better and when you are happier, more balanced, rested, focused ... you are more at peace with life. You show up differently, and this resonates with everyone that you meet and is reflected in the best version of YOU that you now bring to the party!

**FLIP TO THE NEXT PAGE TO GET YOUR FREE SLEEP SOLUTIONS!**





# BETTER SLEEP SOLUTIONS

## 10 THINGS TO MAKE YOUR BEDROOM A SANCTUARY

**M**ake small changes incrementally. This list based upon priority, starting with the most important suggested changes.

1. **Install blackout curtains or shades to cover your windows.** You want the room dark, like a cave. Man-made lighting can disturb not just going to sleep, but your important rapid-eye movement (REM) sleep. When you are buying a house or moving into a new apartment, visit the property at night so you can see how the street lights outside are going to directly affect your bedroom.
2. **Keep it cool, baby!** Your body's core temperature needs to drop by two degrees in order to not only go to sleep but more importantly stay asleep. Even a fluctuation of two degrees can wake you up at night. Your ideal bedroom temperature should be between 62 and 72 degrees. .
3. **Turn off ALL electronics at least 30 minutes before bed. Cell phones, no iPads & TV.** The nightly news only exacerbates our stress levels. Not only is the negativity disturbing to the mind, but it's also the blue light that stimulates our eyes and brains that keeps us from sleep. Put your smart phones on airplane mode or "do not disturb" mode, and then place them in a drawer if you need them for a wake-up call.
4. **Remove the TV from your bedroom.** This is a sacred space to sleep, not watch TV. And you are trying to reprogram the mind by creating a sleep ritual.
5. **Keep a journal & pen by your bed.** In the event you wake up in the middle of the night with a mind busy thinking about all that you forgot to do or all that you need to do the next day, next week, next month, next year ... by having the journal handy, you can write down your thoughts so you don't continue laying there trying to commit the items to memory.
6. **Consider what you are wearing to bed.** When we make sleep a ritual where we honor our bodies and our minds, why not consider buy yourself a nice set of PJs? Make sleep something you look forward to!



7. **Do the "flop test"**. This is especially important if you have a partner ... you want a mattress that is NOT going to move when your partner does. You want pillows that help to prop the body and have your spine in alignment. **GOOD BEDDING IS CRUCIAL!**
8. **Consider the color of your bedroom**. If you can change the color of your bedroom walls, I would highly encourage that. Color psychology works in every room of your house. If you are new to the idea of color psychology, let's try an experiment.

**Picture the color red, what emotion comes to mind?**

**Picture the color blue, what emotion comes to mind?**

Color impacts our behavior and our mood so when we see our bedrooms as a sanctuary, it should feel that way the moment we step into it. Will painting your room be the only thing that cures your insomnia? No, but it will certainly help!

**Consider: blue, green, yellow, silver, and orange all of which promote a good nights sleep of seven-and-a-half hours!**

**Avoid: purple, red, brown, grey and gold. These all promote nights of sleep of six hours or less!**

Choose a flat or satin finish over a glossy. This way the colors appear softer, almost "watery". For children, stick to warm shades and for little ones, yellow, orange, and pink. For children over the age of 8, ask them what they'd like to have and see if you can accommodate it. Just steer clear of red.

If you are unable to paint your bedroom, or let's say that your walls are already grey, what to do? Bring in accent colors in the way of drapes, pillows, comforters, sheets, and blankets from the "colors to consider" list I provided above.

For more information, visit my YouTube Channel: Escape Hatch 2 Wellness and watch an interview I hosted on Color Psychology. You will find it under my Pillars of Wellness Playlist.

9. **Investigate sounds**. Lying there each night, wondering what that noise was or "Why can't the neighbors just shut up?" is only going to cause you even more angst. Consider a white noise machine if you are easily distracted by noisy neighbors.
10. **Essential Oils**. Place a diffuser in your bedroom. You can also rub a few drops of lavender oil on your tummy at night or spray some on your pillow.



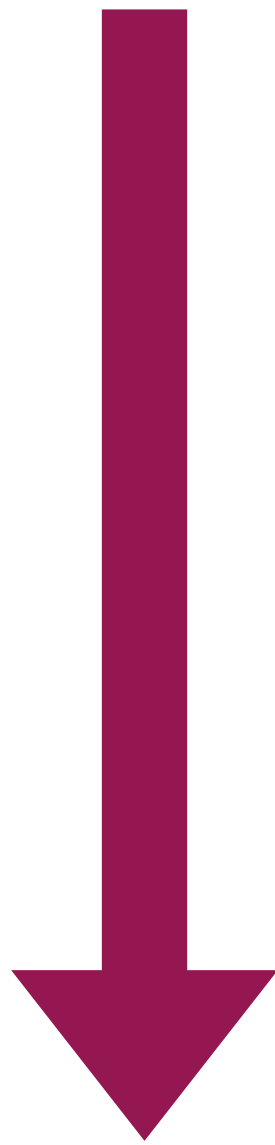
# YOUR DAYTIME CHECKLIST

## 10 THINGS TO MAKE FALLING ASLEEP EASIER

1. **Avoid napping during the day.**
2. **Go to bed and wake up at the same time every day, even on weekends.**
3. **Get some exercise or movement daily.** 20-30 minutes is a good start. Movement can be a walk in the fresh air or going out to dance. Think fun. Exercise and movement don't have to be a dreaded task.
4. **Try meditation.** 15 minutes in the morning and then 15 minutes before bed can really make a difference. For free guided SLEEP-BASED meditations, visit my website at [escapehatch2wellness.com/MEDITATIONS](https://escapehatch2wellness.com/MEDITATIONS).
5. **Sunshine.** Try to get out into the sunshine for 30 minutes in the morning and 30 minutes in the late afternoon. This will help to reset your Circadian Rhythm.
6. **Cut down on alcohol & caffeine.** Avoid caffeine after midday and try to have your last cocktail two hours before sleep. Alcohol is the equivalent to a sleeping pill and won't get you to RESTORATIVE SLEEP.
7. **Avoid drinking water before bed.** So you won't have to get up in the middle of the night to use the bathroom. Have your last sip two hours before bed, if that's possible.
8. **Eat dinner earlier.** Consider eating dinner at sunset so you give your body time to digest your food before heading to bed. This way the blood goes to your extremities (think brain and feet) while you are sleeping, instead of your stomach. Eating dinner at an earlier hour will take planning, especially if you are in a household where you both work.
9. **Practice a relaxing bedtime ritual such as taking a warm bath with Epsom salts.** This is one of my favorite rituals. If you prefer a warm shower, you can still place Epsom salts in your hand or washcloth and rub your body down, clearing your energy and taking in the magnesium through your skin, the largest organ in the body.
10. **Aromatherapy and Essential Oils.** Sprinkle a few drops of **lavender oil** in the floor of the shower. The other nighttime oil that I love is Vetiver. One drop applied to the nape of my neck before bedtime is the right amount to induce my mind to quiet itself.



**ENJOY MY BONUS MATERIAL!**  
**BREATH AND BODY TECHNIQUES GUARANTEED TO**  
**GET YOU BACK TO SLEEP ... FASTER!**





# TOSSING & TURNING TECHNIQUES

## WEE HOUR PRACTICES TO GET YOU BACK TO SLEEP

### RELAXATION BODY TECHNIQUE

1. Lie on your back.
2. As you inhale, tighten all muscles of the body simultaneously. Fists, arms, torso, legs, feet, even your face and hold it. Do not hold your breath, just tense the muscles.
3. Do two rounds of muscle holding for five seconds and then let go and exhale with a deep sigh. Follow the sensations moving throughout your body as you let go of the held tension.
4. Then increase to two rounds of holding for 10 seconds or longer.
5. Each time, feel your body relax even more. Imagine the tension flowing out of your palms and the soles of your feet.

### RELAXATION BREATH TECHNIQUE

Lie on your back and place one hand on your belly (the navel point) and one hand on your heart. This is a three-part inhalation and a three-part exhalation. Using your hands to guide you will help you remain connected to your body and your breath.

1. Breathe in and out of your nostrils.
2. Begin by emptying the lungs completely and then slowly inhale. Breathe into your belly, feeling your palm beginning to rise towards the ceiling and then as your breath expands into your chest, feel it with the other palm and then finish at the throat.
3. Your three-part exhalation will begin by letting go of the breath from the throat. You will then feel your chest contracting and finally your navel point and belly lowering towards the mattress.
4. Allow your breath to flow in a steady stream and create no struggle around your breath.
5. Feel yourself becoming more peaceful with each breath.



## COUNT YOUR BREATH, NOT SHEEP

Third, if you are finding that your mind is really busy, give it something to do so you can allow your body to relax and slip closer to sleep. Counting sheep is not the answer, you will only frustrate yourself when you lose yourself in the countdown. If you're like me, I used to count sheep but when I would drift off and then wake back up again, I'd beat myself up for losing count. **Keeping it simple is the best way to train the mind.** The length of your inhalations and exhalations will depend upon your lung capacity but the deeper your breath, the faster the relaxation response:

1. Breathe in and out of your nostrils.
2. Inhale for a count of four (1-2-3-4), hold for a count of four (1-2-3-4), exhale for a count of four (1-2-3-4), hold for a count of four (1-2-3-4). If this feels too "shallow" for you, double the count.
3. Inhale for a count of eight (1-2-3-4-5-6-7-8), hold for a count of eight (1-2-3-4-5-6-7-8), exhale for a count of eight (1-2-3-4-5-6-7-8), hold for a count of eight (1-2-3-4-5-6-7-8).
4. A personal favorite is inhale for eight, hold for seven, exhale for 12. This combination really gets you to empty your lungs completely and because it's an 8/7/12 count, it disrupts the mind from monotony.

## IF YOU ARE STILL TOSSING & TURNING

Leave your bedroom and go to do something. Do not turn on the TV and think that those late night infomercials will bore you back to bed. Drink a glass of warm milk (add turmeric and honey). Read a book (not one on an iPad) but a real book or magazine. Journal ... get those lists out of your head. Go back to bed when you are actually sleepy. Why do you want to leave your bedroom? Because you want your bedroom to remain an association for your brain to go to sleep.



# ABOUT THE AUTHOR

When I was a kid, my mom said I could sleep “on a dime”. Lights on, lights off. People in the room, TV on, it didn’t matter. That all changed when I went to explore my dream job of working onboard cruise ships.

Frank Sinatra sang about the city that never sleeps, well **a cruise ship is the floating city that never sleeps**. To say my sleep habits went downhill would be an understatement. The engines hum, the props turn, the lights are always on, and the crew are up until the wee hours! Like most of my fellow seafarers, my mantra was “I’ll sleep when I’m on vacation”. Back then, I assumed that sleep was like my bank account, where I could pay it forward. Wrong! **If you don’t use it, you lose it, and you never get it back.**

It’s amazing how you can’t see what’s wrong when you are on the inside looking out. Wasn’t it Einstein who said that the mind that creates the problem will not be the mind that solves the problem? He wasn’t kidding!

As a crew member, our days were long and I would find myself collapsing into bed from sheer exhaustion. My body was horizontal, but that didn’t mean I was actually getting the restorative rest that I so desperately needed. I wasn’t one of those “back of the house” crew members, I was a “front of the house” and I was always “on”. My adrenals were on overload. While I was on vacation, I explored sleep options and thus my love affair began as I committed myself to helping people learn to sleep again ... even if it was getting just one extra hour a night!

Since then my sleep habits have improved exponentially and today as a Functional Medicine Certified Health & Wellness Coach I share my knowledge, experience and passion for helping people get to sleep, stay asleep and live life with more vitality and energy.

**I am available to host workshops, lecture, coach, mentor, teach daily and am available for 1:1 or group/corporate experiences. Virtual is the next best thing to being there.**

## WORK WITH YVETTE

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