

SLEEP LIKE A BABY



CHECKLIST



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MS, NST, LMT, RYT 200

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CHECKLIST

By Zacharia Zenios
MS, NST, LMT, RYT 200

SLEEP LIKE A BABY CHECKLIST

Sleep		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Set Bedtime							
	Be in bed within 30 min of time set							
2	Caffeine Curfew							
	No Caffeine after 1pm							
3	Electronic curfew							
	Disconnect from devices at least 1 hour before bedtime							
	If you must use electronic devices before bed, consider using screen filter apps or blue light-blocking glasses to reduce the impact of blue light on your sleep.							
4	Nasal preparations							
	Clear your nose (techniques, spray, strips)							
5	Sleep Environment							
	Coolness							
	Darkness							
	Silence (white noise)							
	Electronics (TV, Phone, Wi-Fi routers)							
	Air quality check							

SLEEP LIKE A BABY CHECKLIST

Sleep		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6	Nighttime drink							
	warm liquid (tea, milk, etc.) or tart cherry juice							
7	Journaling							
	Jot down racing thoughts or To- do lists							
8	Electro Mindful wind-down nic curfew							
	Breath awareness							
	Reading							
	Gentle stretching							
Hours Slept								

ABOUT THE AUTHOR

Meet Zacharia Zenios, the author and guide on your journey to improved sleep and overall well-being.

With a Master's degree in Exercise and Nutrition Science (MS), Zach possesses a deep understanding of the intricate connection between the human body and balanced living.

As a Neurosomatic Therapist (NST) and Licensed Massage Therapist (LMT), Zach has harnessed the healing power of touch, making a positive impact on the lives of many. Holding a certification as a Registered Yoga Teacher (RYT-200), Zach has explored and taught the age-old wisdom of yoga and breathwork, uncovering the ways to harmonize the mind, body, and soul.

Zach also boasts an impressive array of certifications, including NASM Certified Personal Trainer (CPT), Corrective Exercise Specialist (CES), and Performance Enhancement Specialist (PES), all reflective of his commitment to enhancing physical and mental health. His journey led him to embrace the StrongFirst philosophy, earning him the title of StrongFirst Kettlebell Coach (SFG-1).

Zach has also served active duty in the United States Marine Corps Infantry. While in service he learned the importance of stress management. After he was honorably discharged Zach developed a high degree of situational awareness which at times led to anxiety and sleep disturbances. When he went through traditional means of getting help through the VA, he was offered many pharmaceutical drugs. Zach knew the danger of starting down that road which led him to begin the quest to learn natural and holistic ways of helping himself.



This handbook is the culmination of Zach's years of dedicated study, practice, and his unwavering commitment to helping others lead healthier, more fulfilling lives. With a unique fusion of scientific knowledge and holistic wisdom, Zach is eager to share the transformative power of proper breathing, posture, and self-care for enhanced sleep and overall well-being. Together, you will explore the secrets to achieving restful nights and more vibrant days under Zach's expert guidance.