

# 101 Sheep The Guidebook

**ZZZZZZZ**



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It's no secret that sleep is good for you, but I think sometimes we take for granted how essential it is to every part of our health and life. Here are some reasons to get your zzzz's

- sleep supports your immune system
- sleep reduces stress and depression
- sleep may help you lose weight
- sleep helps you reduce sugar cravings
- sleep helps brain function - you think clearer, are more alert, and have improved memory
- sleep reduces inflammation
- sleep helps the body repair itself

Your day actually begins the night before, so a good night's sleep is essential for having a great day and being at the top of your game.

101 Sheep is an organic herbal tea that was created to support a good night's sleep in the most indulgent way – by ending your

day with a relaxing cup of tea. It's a great alternative to counting sheep. The blend is designed to help calm your mind and nerves, and surprisingly to support your digestive system because that can be a big reason for sleep problems.

While 101 Sheep is a great way to support your sleep, there are other practices you can incorporate into your daily routine to further improve your sleep patterns. So, let's dive into that, shall we?

Everything is connected, so if the night before sets up your day, then the morning before starts your night.

Having a good morning routine can help clear your mind and set realistic expectations for the day, so that at the end of the day you feel calmer and less stressed.

Here are some tips to start your day

- Meditation
- EFT tapping (check out Brad Yates on YouTube for an abundance of great videos) or emotion clearing
- Physical movement such as yoga, going for a walk, or the Crave program (ask me about it)
- Write 1 – 3 things you are grateful for
- Make a list of what you get to do today (not have to). Include just a few things that you really want to accomplish that day, and nothing more.
- Create a daily affirmation: Today I am

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Throughout your day, you can incorporate practices to keep your mind calm and stress levels down

- Remember that everything happens for you, not to you
- When you are feeling stressed or overwhelmed, practice belly breathing (at least 3 belly breaths)
- Get your body moving. If you spend a lot of time at a desk, then find time to move. Talk yourself into 15 min – dance to music, go for a walk, anything that you like to do. Move your body to clear your mind

The end of the day is when you really want to honor a sleep routine. This will prepare your mind and body for rest.

- Ideally, your last meal should occur at 6:30pm. I said ideally. Eating a meal close to bedtime will disrupt your sleep, and your digestion. If you are currently eating much later than this, then move up your meals by 15 min

increments until you get to your goal time.

- Turn off electronics one hour before bedtime. The blue light from electronics stimulates your brain and makes it difficult to wind down. If you must be on a device try adjusting it to night mode, which reduces the blue light. There are also special glasses or screen covers that deflect blue light.
- Do some calming yoga poses such as cat/ cow, child's pose, face or foot massage
- Enjoy a cup of 101 Sheep Tea
- Have a regular bedtime. This will cue your body that it's time to sleep. The ideal time to be in bed is by 10pm. Again, I said ideal. After that time, is a high energy time, and very easy to get your second wind and stay up much later than you'd like. If you are going to bed much later than that, try moving that up by 15 min increments.
- Use meditation, soothing sounds, or binaural beats to help you drift to

sleep. Insight Timer is a great (free) app you can use.

You can incorporate some of these, or all of these into your daily routine to help improve your much needed and beneficial sleep.

Let me know how it goes, and if you need support, reach out.

Be Amazing,

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