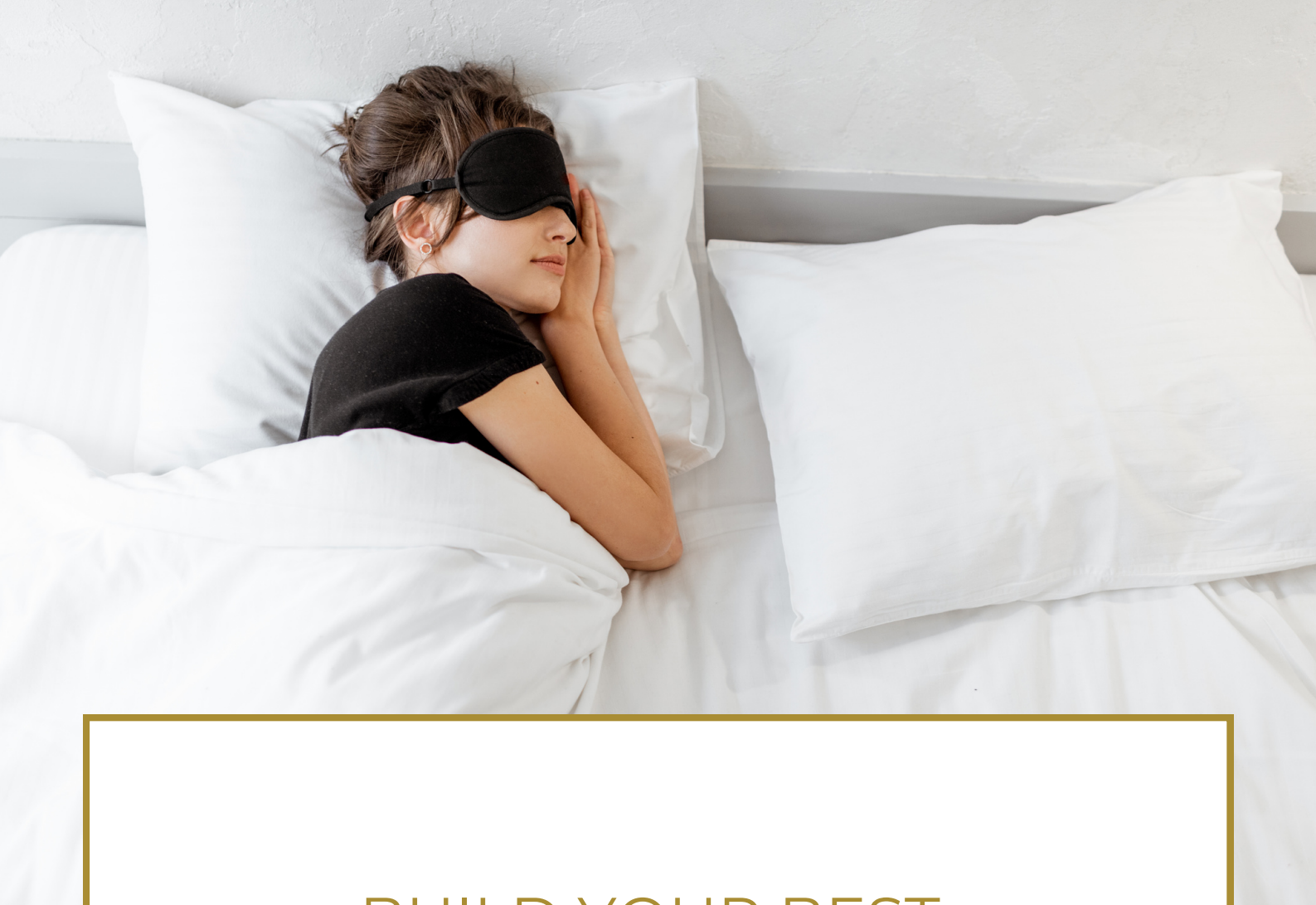


GOLDSTER★

HEALTHY SLEEP





BUILD YOUR BEST SLEEP ROUTINE WITH US

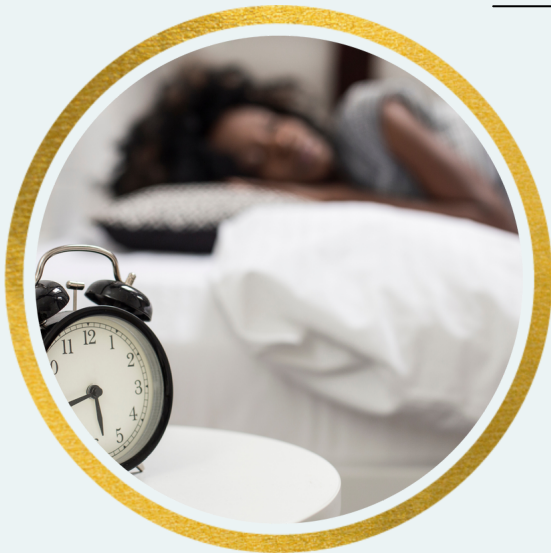
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HEALTHY SLEEP

WE SLEEP FOR 1/3 OF OUR LIFE

Getting a good night's sleep is incredibly important for your health. In fact, it's just as important as eating a balanced, nutritious diet and exercising. Most of us know that getting a good night's sleep can help us feel rested, give us more energy, and allow us to be more alert the next day.

Sleep deprivation can put your health and safety at risk, which is why it's essential that you prioritise and protect your sleep on a daily basis.



SLEEP IS YOUR BODY'S HEALER

Consistent, quality sleep provides restorative, protective, and energy-conserving functions to patients. The quality and quantity of an individual's sleep influences the body's ability to repair and grow tissue, bone, and muscle. It also helps to strengthen an individual's immune system.

Without proper sleep, people can experience sleep disturbances and fatigue that may affect the recovery process. Disturbed sleep can cause diminished physical and cognitive functioning, mood instability, emotional distress, and amplification of symptoms.

"Happiness consists of getting enough sleep"

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

THE COURSE

This course helps participants to focus on improving their quality of restful sleep. Throughout the course we will look at the ways our schedules can be adapted to optimise our sleep quality.

We will cover the impact of food, exercise, thought patterns and external factors on our sleep and how we can begin to create a level of stability by setting and keeping to daily routines, which allow us to have a more restful sleep.

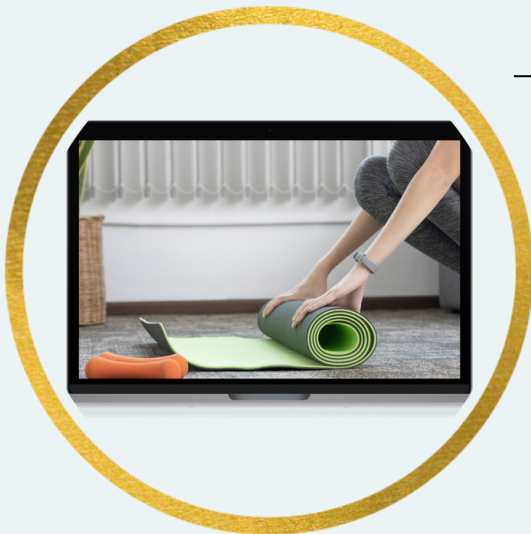
There is a CBT element to the course which will involve a controlled sleep restriction to reset participants' sleep hygiene. This course will enable participants to walk away feeling more refreshed, energised and confident about their sleep for the future.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

"When we do it together, we feel better together"

TRACK YOUR PROGRESS

The key to any improvement in health is understanding how your progress is made. This programme has a range of questionnaires and surveys to help to track your improvements.

During the programme we will monitor:

- Your perceived physical, emotional and cognitive health with an assessment at the start and at the end
- Your physical confidence and where you see the greatest areas of difficulty so your instructors can target them
- Your feedback with a daily post-class confidence survey to understand how you're feeling



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

"Learning is a journey of self discovery"

Week 1 - Welcome to Healthy Sleep

This introductory session is to explain the course and help participants get a feel for what is involved overall. We will be looking at the basics of why we sleep, what those drivers behind our sleep are, and how we lean in to using them to support our sleep. We will also look at how to create a good bedtime routine. This is our daily schedule and bedtime habits that help to promote healthy, uninterrupted sleep. We will uncover those habits that are supporting our sleep and start to recognise the patterns we are falling into, that rather than helping; are actually disrupting our ability to sleep.

This first session will give participants the basics to understanding your approach to sleep and how you can begin to value your sleep more.

Participants will need the sleep and lifestyle diaries sheets and wheel of sleep worksheet.

Week 2 - Prioritising our Sleep

This session will review the diaries from the previous session to see which habits are supporting and preventing our sleep to enable changes to be made. There will be time to address these and find solutions to issues that have arisen.

Then participants will calculate their sleep efficiency and learn about prioritising their sleep. We will look at the different forms of activities we take part in during the day and how important it is to find a balance with these. Also noticing the best times for us to focus on certain activities.

We will address the reasons we need sleep and benefits we get from restorative sleep and how we can lean in to the zeitgebers (pressure points for sleep) to help to increase our levels of restorative sleep. This week we will focus on exercise and how moving our body can benefit our sleep.

Participants will need their wheel of life worksheet and sleep and lifestyle diaries to hand.

Week 3 - From Stressed to Blessed! (part 1)

This session will focus on how stress can have a major impact over our sleep and how we can begin to understand where this comes from to reduce the impact that it has over our sleep. We will look at the 3 key forms of stress that impact our sleep and how to manage them.

We will start to use breathing techniques that are known to reduce stress levels and help increase a sense of relaxation through activating the parasympathetic nervous system. We will then try some CBT techniques to manage our worries at night and unhelpful beliefs towards our sleep. We will begin to reframe those negative thought patterns that tell us we are “incapable of sleep” so we can instead create healthier beliefs around our sleep that support our sleep.

Participants will need their gratitudes worksheet, pen and paper.

Week 4 - From Stressed to Blessed! (part 2)

The focus for this session will again be on tools to minimise stress to increase our restorative sleep. We'll look at how we're currently conditioned to sleep and how we can begin to change our mental conditioning through focusing on building new habits.

We will look at our wind down in to sleep and how we can maximise our sleepiness before bed as a result of the activities we're engaging in.

We'll have another look at our sleep efficiency before beginning a CBT intervention to reset our sleep hygiene. Depending on your sleep efficiency this might be a sleep compression or sleep restriction. It's important for participants to confirm which they are doing and seek support if needed on this journey.

Participants will need their affirmations worksheet, sleep diary and stress diary from the previous session.

Week 5 - Food, Mood and Sleep

This session will begin with another breathing exercise to enable participants to maximise integrating calming techniques into their daily life. We'll address how the CBT intervention is working and if any changes need to be made.

Then we'll focus on another of our zeitgebers - how the foods we eat and the times we choose to eat can impact the quality of our sleep. There will be suggestions for foods to help support our melatonin production (sleep hormone) and we will learn about the impact of poor sleep on our hunger levels too, also the impacts of alcohol and caffeine.

We'll look at the benefits of meditation over our rhythms for sleep and enjoy a progressive muscle relaxation – a technique participants can use at night to help further relax their body and mind.

Lastly we focus on how building an attitude of gratitude can help to retain our sense of calm to minimise our stressors and relax for sleep.

Week 6 - Celebrate the Ultimate Pyjama Party

This session will begin with how our sleep can be disrupted in new settings such as when travelling, changing time-zones and staying away from home. We'll look at ways to minimise the disruption to our sleep by creating a travel checklist of those key items and habits we use daily to help us prepare for sleep so we can feel more settled in new environments and manage our inner survival reflexes.

Then we will bring the whole course together. Participants will look back over the course and recognise their growth and development. There will be a chance to share learning and enjoy our progress as individuals and as a group. We'll review the wheel of life and see where we have improved and where we need to focus our attention next to be able to create new goals/plans going forward.

With our deepened knowledge and understanding we will create and solidify the ultimate bedtime routine. We'll also learn the importance of celebrating successes in motivating us and increasing our self-esteem so we can feel an increased sense of self-worth and self-confidence.

Participants will need their Travel checklist, Wheel of life, Bedtime routine and Long-Term Plan worksheets.

YOUR JOURNEY

1

WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 10 MINS BEFORE

Our class waiting rooms open 10 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class! Get ready for a warm welcome as your Goldster instructor greets you at the beginning of the class.

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Your sleep coach will guide you towards the best classes to support your sleep journey.

YOUR COACH



Anna Campkin

Expertise: Life Coach, NLP Practitioner and CBT & Mindfulness Coach and Counselling

Anna Campkin is a fully qualified life coach, NLP practitioner and CBT & Mindfulness Coach with Distinction from The Coaching Academy.

Specialising in confidence and emotion management, Anna is passionate about empowering individuals.

She has worked internationally in business coaching as well as with NHS, charity and wellbeing sectors in the UK.

YOUR SLEEP TEAM



Loren Barclay

Yin Yoga Specialist

With a keen interest in movement and physicality, Loren understands the importance of technique and posture, analysing the biomechanics and physiology of the body.



Hannah Jackson

Psychotherapist

Providing fast-acting and solution-focused therapy, Hannah specialises in trauma recovery, PTSD (Post Traumatic Stress Syndrome) and complex PTSD (CPTSD).



Claudia Le Feuvre

Nutritional Therapist

Claudia is passionate about making nutrition fun and inspiring. She has supported hundreds of people on their weight loss journeys and transformed their relationship with food.



Dan Hope

Massage for Sleep Coach

Dan has worked with actors to athletes and office workers, helping them learn techniques for self-massage to relieve tension, soothe pain and lead to a calmer emotional state.

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6



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