




## INTRODUCTION

# Nap Time: Introducing the Nap Ritual

As Arianna Huffington once said, "We are in the midst of a sleep deprivation crisis, and this has profound consequences – on our health, our job performance, our relationships and our happiness. ..."



"...What is needed is nothing short of a sleep revolution. The truth is: only by renewing our relationship with sleep can we take back control of our lives."



# The Nap Ritual

- Grab your comfy, fuzzy socks & your pillow
- Do the meditation to help you relax
- Listen to a lullaby, or soothing music
- Would nature sounds help?
- Take your nap for at least 15-20 minutes
- Wake up slowly, with big stretches
- Have a cup of tea & a snack
- Put things away in your nap basket





# The Nap Journal Prompts

Why would it be good for you to nap every day?  
.....

What would it take to be able to do it?  
.....

Have you given yourself permission to sleep?  
.....

Do you get enough sleep?  
.....

How might your life change if you napped?  
.....



## MEDITATION

# The Nap Meditation

To make the most of your nap meditation, find a quiet and comfortable place to lie down, close your eyes, and take a few deep breaths. As you exhale, let go of any tension or stress in your body.

Imagine yourself lying on a beautiful beach, feeling the warmth of the sun on your skin and the soft sand beneath your body. Visualize the waves gently lapping at the shore, creating a soothing rhythm that lulls you into a state of deep relaxation.



As you continue to breathe deeply and slowly, focus on each part of your body in turn, starting with your toes and working your way up to the crown of your head. When you feel ready, open your eyes.

# Body Spray

## INGREDIENTS

- Polished amethyst & selenite
- 2 oz. of distilled water
- 1 1/2 oz of witch hazel or vodka
- 15-20 drops of essential oils
- 10 drops of lavender
- 5 drops of chamomile



## DIRECTIONS:

1. Add crystal to the bottom of the spray bottle
2. Combine ingredients until it's just right
3. Pour the combination into the bottle

NOTE - never use essential oils undiluted