

Sleep X Design and wake up refreshed!



Wellbeing X Design's

Sleep X Design

28 Days to Better Sleep



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Why Sleep?

Crafting your recipe for sleep is critical because sleep is the number one predictor of physical and mental health outcomes.

Lack of sleep, poor sleep, or sleep deprivation also cause inflammation and mental decline. In fact, the World Health Organization (WHO) has declared Sleep Deprivation an epidemic in industrialized nations, and recognizes second- and third-shift work as a known carcinogen for its direct correlation with increased instances of anxiety, depression, cancer, diabetes and Alzheimer's.

Put simply: You cannot cheat Sleep. The shorter your sleep, the shorter your healthspan. In other words, lack of restorative sleep is a guaranteed health disaster, so don't put off getting better sleep!

What is Sleep X Design?

Sleep X Design is Wellbeing X Design's pragmatic guide to designing the sleep you love. This journey examines and deconstructs your unhealthy sleep habits and replaces them with new, healthy sleep hygiene.

Taking an integrative approach to your behaviors, habits and mindset surrounding sleep, Megan guides you through 28 Days of Sleep Renewal.

The Sleep System takes advantage of the five senses to immerse you in sensory sleep rituals that invoke neuroplasticity—the brain's ability to rewire to learn to associate new cues with sleepiness. The Sleep System workbook includes prompts and journal space that allow participants to notice and record the effects of each of the 21 science-backed approaches to improve sleep.

Your Sleep Renewal Includes

4 Weekly Group Coaching Calls

1 Coaching Call 1:1 with Megan

The Sleep System eBook+Journal

by Megan Mazzocco

What Experts Say about *The Sleep System*:

“Creating rituals and habits to honor your body’s natural ability to sleep can be challenging to maintain in our “wake-centric” culture. Megan translates her personal sleep journey into a workbook and guide for creating lasting change in small steps over just a few weeks. I recommend this book for those seeking encouragement and helpful tools to buffer against insomnia, jet lag, and insufficient or non-restorative sleep.”

**--Kristen LaMarca, PhD, Clinical Psychologist,
Diplomate in Behavioral Sleep Medicine, & author of
*Learn to Lucid Dream: powerful techniques for
awakening, creativity, and consciousness***

"This book is a health-minded example of how anyone can apply design thinking to daily habits to improve quality of life and longevity."

**--Ayse Birsal, world-renown industrial designer &
author of *Design the Long Life You Love***

"Sleep is an important part of healing and wellbeing. This book is a great tool to help you get better sleep!"

**--Therese E. Adams MSN APRN FNP-C, Certified Family
Nurse Practitioner**



About Megan Mazzocco

RYT 200, WELL Faculty, BeWellLeadWell Guide, Modern Elder

As a certified yoga instructor, a WELL Accredited Professional--the professional wellness designation in the architecture and design industry, and a BeWellLeadWell Pulse Certified Guide, I teach neuroscience-backed sleep, movement and mindset practices to sustain creativity-on-demand & avoid burnout. My interactive workshops have been well received by brands like Sherwin-Williams, Monogram Appliances, KBIS, AIA, NeoCon & Wood-Mode. In addition to CEUs, consulting, and media projects, I facilitate the WELLBeings X Design Vitality Circle to empower our community to hold boundaries around the foundations of health.

“As a seasoned interior designer, I look for continuing education that offers knowledge for my practice as well as my personal growth. Megan has taken me on a journey of learning how to nurture and sustain my creativity! We've continued our connection through other professional classes and groups that have been life changing! She is normalizing and prioritizing wellness for creative professionals, something we all need but sadly goes overlooked. Her knowledge, enthusiasm and goodheartedness are refreshing and contagious. I'd urge individuals and organizations to connect with her for your well being and prosperity, inside and out!”

--Lorrie Browne, NCIDQ, Lorrie Browne Interiors, Wellington, Florida

Sleep Better in 4 Weeks or Less

Week 1

In Week 1 you'll learn how to:

- Hold space for sleep in your life
- Commit to a consistent bedtime
- Understand your chronotype (when you sleep best)
- Determine how long you need to sleep to wake up feeling well rested and refreshed

Week 2

In Week 2 you'll learn how to:

- Set your sleep thermostat
- Play! for sleep
- Eat and drink for sleep
- Inhale for sleep
- Soothe and relax into sleep

Week 3

In Week 3 you'll learn how to:

- Temper vices and addictions
- Inhale for sleep: Part II
- Mindset for sleep: Gratitude
- Journal for sleep: Purge the To-Do's
- Fall Back to Sleep
- Nap within reason

Week 4

In week 4, based on your notes & observations, you'll create *The Sleep System* that works best for you!

- On Days 22 through 27 you will commit to building 1-2 healthy sleep habits into your daily routine
- By Day 28 you have your customized Sleep System!

Week 5

1:1 Coaching Call to explore any roadblocks, dislodge limiting beliefs causing sleep or other health challenges

You are a creator, so just like a good recipe made with love, your creativity brings value to this process. Enjoy the journey, and relish the well-rested results!

Start Sleeping Better Now!

Contact for Enrollment Details

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