



Rekha R. Bhandarkar, MBA, CMT  
Holistic Health Strategist

"Opening The Door To Optimal Health"™

## 5.5 Ways to Set Yourself Up For A Great Night's Sleep



**Heal with Wisdom™**

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# Rekha R. Bhandarkar, MBA, CMT

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### 5.5 Ways to Set Yourself Up For A Great Night's Sleep (Cont.)

There's so much more involved to sleeping than putting on your jammies and brushing your teeth.

Given our 24/7 schedule of being connected, wooed, entertained, we often forget to remember how easy it was once upon a time to just let go and fall into deep slumber.

Here are 5.5 easy ways that you can move towards setting yourself up for some deep zzzz's.

#### 1. Quiet

Devote the last 30 - 45 minutes before you turn off the light for low-key quiet time. Some easy options to prepare you for sleep are, listening to something calming, reflecting on the day's events, personal self-reflection, writing your thoughts in a journal, and mentally noting what you're grateful for.



Doing any of the above will allow your body to settle your breath and your nerves, reduce physical /emotional tension and prepare your mind and body for some restore and repair time.

#### 2. No Stimulation



Avoid mental, physical, emotional and digestive stimulation at least 2 hours before bedtime. Sleep is your body's opportunity to repair and renew, and your co-operation is an important element in making sure you're completely recharged and at your spanking best the next day.

#### 3. Drink Comfort

If you're so inclined, drink a soothing tea or a glass of milk to help you prepare for bed. Herbal teas and milk varieties are plenty and you can pick your temperature preference of hot or warm. Avoid stimulants like coffee and alcohol.



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## 5.5 Ways to Set Yourself Up For A Great Night's Sleep (Cont.)

### 4. Temperature/Humidity

Make sure your bed, pillow, blankets are comfortable. If any of them doesn't feel right, consider changing or replacing them. Does your room have the right humidity for you and your skin to breathe? Make sure your room is not too dry or too damp.



### 5. Let Go



Let go what you weren't able to get off your list today. Then celebrate what you were able to accomplish.

### 5.5 More

Ask yourself if there's anything missing that you need to tuck you in more snugly? Add it to your list of 5 Dos above.

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**Are you experiencing chronic pain?**

**Is anxiety affecting your life?**

**Can you remember the last time you woke feeling rested?**

**Do you feel unable to move through your grief?**

**Contact me now for your complimentary 15 minute consultation  
to learn how you can open the door to optimal health!**

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### About

Rekha R. Bhandarkar, CMT, is a registered practitioner of Jin Shin Do® Bodymind Acupressure and has great depth of training in different complementary healing arts including Craniosacral Therapy (The Gillespie Approach & Dynamic Body Balancing), Medicinal Aromatherapy, Osteopathic Techniques and Reiki. Her undergraduate degrees are in Business and Science, and she holds a Master's degree in Business Administration.



She is based on the east coast, has a loyal international clientele, and travels frequently to conduct workshops and therapy sessions. She is a registered practitioner of Jin Shin Do® Bodymind Acupressure®, a Certified Craniosacral Therapist, a Reiki Master and a Medicinal Aromatherapist.

Her career, which had its beginnings in massage therapy, began with a genuine desire to touch and transform through healing. In a span of more than 20 years her depth of experience and knowledge grew to include more subtle, deeper and gentler forms of healing incorporating a more comprehensive approach of addressing the whole individual and utilizing a mind-body connection.

These energy work therapies included Reiki, Jin Shin Do® Bodymind Acupressure®, Craniosacral Therapy and Aromatherapy.

To bring a greater range of skills to her clients Rekha advanced and broadened her knowledge with a body of Osteopathic techniques. More recently, as a result of her own experience, Rekha has seen tremendous value in incorporating the benefits of Medicinal Aromatherapy into her work.

Rekha is specially recognized for her gentle and therapeutic touch, and has a special affinity with children and pets.



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## Raves for Rekha

I really enjoyed my Jin Sin Do Bodymind Acupressure sessions with Rekha. I came to her to help with stress and left every session feeling calm, centered and balanced. I would highly recommend her services to anyone.

Angela P.

I was in a very emotional state and completely drained when Rekha suggested that I try Aromatherapy. Prior to trying the Aromatherapy oil that she recommended I was feeling a lot of shortness of breath from holding my breath without realizing it. I followed her advice and felt my breath immediately expand, my energy increase and my anxiety release. I also felt a positive shift in my state of mind. If you are feeling anxious or emotionally in need of support, I highly recommend an Aromatherapy consultation with Rekha.

Kim K.

I have received a number of treatments from Rekha and have benefited greatly. Her kind and compassionate manner while treating me made it that much more effective. I felt a lightness, and a sense of inner peace. Pains that I have experienced in various parts of my body are now gone. As she was working on me I would go into a deep almost sleep state, which actually felt more like a meditative state. I felt so safe, secure and cared about. I would highly recommend anyone to avail themselves of her skills and gifts as she is very conscientious and meticulous about treating the whole person and addressing concerns.

Andrea B

**Are You Ready to Experience Results Like This?**

**Contact Me Now to Schedule Your  
Complimentary Consultation!**



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