

**The Next Waves Of
Healthcare Revolution ...
And What You Can Do To
Now To Take Advantage**

*‘I skate to where the puck is going
to be, not to where it has been.’*

Wayne Gretzky’s (Canadian Hockey Legend)

Yes - focus on the present.

But also ...

**Be mindful of what people will want and
need in the future re healthcare and
wellbeing ... so you can be better
prepared to meet those needs.**

First ...

**Think of the 4 pillars that support an
elite athletes performance ...**

**... and write down what you think they
are ...**

4 pillars that support an elite athletes performance.

- 1. Mindset**
- 2. Nutrition**
- 3. Exercise & Movement**
- 4. ?**

**4 pillars that support an elite athletes
performance.**

- 1. Mindset**
- 2. Nutrition**
- 3. Exercise & Movement**
- 4. Rest & Recovery**

Now relate this to daily life ...

How many of these are relevant/important in everyday life?

- 1. Mindset**
- 2. Nutrition**
- 3. Exercise & Movement**
- 4. Rest & Recovery**

**What is the absolutely
essential, ultimate form of
Rest & Recovery?**

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essential, ultimate form of
Rest & Recovery?**

SLEEP

**We all know a good night's
sleep helps us feel good ...**

But did you know ...

**Routinely sleeping less than 6
or 7 hours of sleep a night ...**

**Demolishes the immune system,
more than doubling the risk of
cancer.**

**Insufficient sleep is a key
lifestyle determiner ...**

**As to whether you will develop
Alzheimers disease ...**

Poor sleep for a week...

**Will affect your blood sugar so
much you would be diagnosed
as pre-diabetic ...**

Short sleeping ...

Increases the likelihood of your
coronary arteries becoming
blocked and brittle ... increasing
likelihood of heart disease,
stroke and heart failure ...

**“There are no organs of the
body that do not benefit from
good quality sleep”**

**Sleep Disruption Contributes
To All Major Psychiatric
Conditions, including ...**

Depression, Anxiety & Suicidality

**Too little sleep also
encourages weight gain ...**

**... by suppressing your “satisfied”
hormone and boosting your “I’m
hungry” hormone ... making you
eat more, even when you have
eaten enough already.**

**And if you try to diet, whilst
maintaining poor sleep ...**

**... most of the weight loss will be
from lean muscle, rather than fat.**

Putting all this together ...

“The shorter (or poorer quality) you sleep, the poorer your health ... and life expectancy.”

In the health and wellbeing space, how many of these areas do we have an abundance of experts and programmes etc?

In which areas are we lacking readily available experts?

1. Mindset
2. Nutrition
3. Exercise & Movement
4. Sleep

**I Strongly Believe That One of
The Next Waves Of Healthcare
Revolution Will Be ...**

SLEEP

**And as people “wake up” to the
profound benefits of sleep...**

**There will be a demand for
Sleep Experts**

**There will be an increase in
people asking ...**

**“Can you help me get a
good night’s sleep?”**

**What Can You Do Now To Take
Advantage ...**

**And be ready to meet the
demand for Sleep Experts?**

First ... How You Can Use Your Therapeutic Knowledge To Help People Sleep Better...?

Relaxation

Anxiety Relief

Mindfulness

Guided Meditations/

Visualisations

Bedtime Routines

Stress Reduction

Bed Time Deepener

Anchoring

[Lucid Dreaming]

Reduce caffeine

Reduce Alcohol

Eye mask

Physical Relaxation

Suggestions

Unplug

(Yoga Nidra)

Mantras/Affirmations

Education On Info

Available

Regression To Causes

Insomnia Breaker -

Breathing Techniques

Calming The Mind

Lighting

“Bed time story”

Temperature

How You Can Deliver Or Package Knowledge?

Relaxation

Anxiety Relief

Mindfulness

Guided Meditations/

Visualisations

Bedtime Routines

Stress Reduction

Bed Time Deepener

Anchoring

[Lucid Dreaming]

Reduce caffeine

Reduce Alcohol

Eye mask

App

Recordings

Booklets

Youtube Video

1-1 Consultation Sleep Programme

Podcasts

Webinars

Sleep Hygiene Talk

Self Hypnosis Script

Workshops/Courses

Further reading

Start With ...

“Why We Sleep”

Dr Matthew Walker
(or on audible)

(Thanks to Sam Hunt for pointing me in this direction)