

# ROADMAP TO REST

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EASY STEPS TO IMPROVE  
YOUR SLEEP

By Lily Whitehawk



**HUSO**

If you chose to download this guide, odds are pretty high you are all too aware of the detrimental effects lack of sleep has on quality of life. That foggy headed, slogging through life like it was a bog of quicksand, being so exhausted yet laying there for hours with a racing brain and stress filled body experience is something you have come to expect, even resigned yourself to because you can't seem to find that magic formula to break the sleepless cycle.

I am Lily Whitehawk, sound healer, life coach and creator of HUSO Sound Therapy. I put this manual together specifically for people like you looking for solutions.

What if I told you the quality of your sleep is directly affected by how you move through your life during the day? That your sleeping environment has a profound effect on your ability to get true rest at night? Your stress level and certain things you are exposed to where you sleep are direct factors in whether or not you can fall asleep easily and deeply and stay asleep for long enough to replenish your mind and body.

The good news is that there are simple changes you can make to your daily routine that will radically change the quality of your nightly sleep experience. Sound too good to be true? I can tell you from my personal experience as well as the experience of countless others I have shared this information with, they work.

You have the power to radically change how you feel. All that is required of you is a commitment to yourself to integrate these suggestions into your life and then stick to it for a minimum of six weeks. It took some time for your body and mind to get into this sleepless cycle loop. It will take more than 24 hours to restore the balance although you will more than likely notice an improvement within the first few days. A huge perk to this new routine is that you will find not only your sleeping experience will improve, but your entire life experience will too. I'm pretty sure you will want to make this your daily habit for the rest of your life.

Are you ready to step into a brand new day? Let's get started!

With love and gratitude,  
Lily Whitehawk  
Co-Founder, HUSO Inc.

# ROADMAP TO REST

Getting a good night's sleep is really an all day thing. It's true! Your quality of sleep depends in large part on your activities and how you interact with what happens to you during the day. That's because your stress quotient is directly connected to your sleep quotient. Stress keeps your body and mind in sympathetic extreme alert mode, so by the time you hit the pillow you are swimming in high octane stress hormones, your mind locked in the fight or flight position. And the longer this goes on - stress filled days and sleepless nights turning in to weeks, even years spent in futile pursuit of a true deep rest - the more difficult and finally impossible it becomes for your body and mind to slip into that deeply relaxed parasympathetic state that is necessary for restorative sleep.



*Sick and tired of feeling sick and tired? You have the power to change your life!*

But never fear... HUSO is here to present you with a few tried and tested life hacks - a reliable easy to read road map - to get you from where you are now to where you want to be. When you are done with this guide you will have a simple clear plan to help you greatly reduce your stress while the sun shines so you can sleep like a baby in the pale moonlight.

Ready, set... let's get on the road to rest!

# MORNING HACKS



*Your morning experience sets the tone for the rest of your day*

**Consider donating that loud bossy alarm clock to GoodWill** and investing in something that will wake you up with a symphony of birdsong or beautiful music. Sound has the power to jangle your nervous system... or sooth it. Depending on the sound, it can heal you or cause serious damage. Since you have the power to choose the first thing you hear in the morning, why not make it a thing of beauty that nurtures your soul?

Before you hop, roll, or drag yourself out of bed, take a couple of minutes to **breathe deeply and slowly. Stretch out.** This allows your body to wake up and activate in a gentle way, rather than shocking it with an immediate leap into action.

About that cell phone: **wait until after you finish your morning routine to check messages or surf the net.** Your goal here is to establish a calm and centered tone that will travel with you throughout your journey into the world of daily chaos and still be there when you arrive home again. For many of you this may be one of the more difficult changes to incorporate, but it is one of the most critical. I promise you, the world will still be there when you are ready to deal with it.

**Take 5 minutes to sit quietly.** This is the time you will use to align yourself with positive thoughts and start the day in an expansive, calm and clear space. If your house is a three-ring circus in the morning you may need to 1) ask for privacy and close the bedroom door, 2) step outside, or 3) lock yourself in the bathroom. Close your eyes and inhale deeply and slowly filling your lungs to the count of 4, hold for a count of 6, then exhale slowly and completely to the count of 8.



*Your morning meditation is an opportunity to fill your heart and soul with beauty and peace*

Visualize yourself in a beautiful reality. You know that special place. Could be by the ocean, or sitting beside a dancing mountain stream. Feel yourself there. Experience the sounds, smells and sensations. Once you are “there”, it’s time to set your intention and program your body and mind to stay positive and calm during the day. Pick a phrase that resonates with you. Something like “All is well”, or “I am blessed”, or maybe “Be here now”, or “I am in control of my destiny”, or “With every breath I take today, I am getting stronger” (or younger or kinder or healthier or smarter... you know what you want!). Repeat that phrase – out loud if possible – over and over, until you can really feel the energy of those words take root and come to life inside you.





*"Decision fatigue" is a real thing that can cause stress and exhaust your mind*

About your wardrobe: Deciding what to wear can create serious mind warps for many of us. Did you know that "decision fatigue" is a real psychological condition brought on by mental exhaustion from having to make too many trivial decisions over and over, to the point that productivity is severely affected? Studies have actually proven that stress brought on by having to decide things like what to eat or what to wear every day decreases quality of life and causes less efficiency at work.

**Simplify your closet** so that you do not create unnecessary mental angst. Some of the busiest most successful people out there have adopted this habit expressly for this reason. People like fashion designer Donna Karan who restricts her wardrobe to eight pieces that she mixes and matches, and Mark Zuckerberg who has a handful of tee shirts, jeans and hoodies in monochromatic colors that he wears again and again.

You can also **prepare for your morning meal the night before** so it becomes a non-issue and you are free to rest your decision maker mind until you need to call on it later.

**Don't forget water!** Our bodies are around 75% water. Water is critical to optimal performance of all body systems, so it is important to stay hydrated and be choosy about the quality of water you drink. It is also very important to consider when you drink that water. Believe it or not studies have shown that those who drink a glass of water when they wake up, as well as 30 minutes before each meal and right before bed experience better health, lower blood pressure, less stress and improved digestion. Spring water is hands down the best form of drinking water. **Adding a squeeze of lemon** to your H<sub>2</sub>O is an easy hack that will improve your body's pH and help your liver do its job.

About that breakfast: **make your breakfast big and nutritious**, packed with healthy protein, complex carbs and beneficial fats. Your body needs fuel so that it doesn't shift into adrenaline mode (one of the biggest baddest stress hormones there is) to get the job done. The general rule is big breakfast, medium lunch, light on dinner. Your body functions best with this formula.



If you are a caffeine consumer, now's the time to have that cuppa. **Confine your coffee/tea consumption to the hours before noon** and limit yourself to two modest cupfuls. It is important to remember that super-charged feeling you get is due to a drug - caffeine - that directly increases adrenaline production. Any more any later in the day and the stimulating effects of caffeine will still be affecting your system at bedtime.



*Be good to your body and soul by moving it in healthy ways first thing in the morning*

**Make time to exercise for 20 to 30 minutes.** Walking or running is one of the best ways to start your day. It gets you outside to commune with the natural world. And that is always a good thing. It jumpstarts your metabolism, gets your energy circulating throughout your body to nourish your cells and wakes up your brain. If you feel you must take your phone with you be sure it is on airplane mode or switch it off. If you have a practice like yoga or tai chi, this would be the time to do it. Prefer your move-the-body time in the evening? Just make sure you finish at least three or four hours before bed.



Before you leave home, remember to **slip HUSO into your bag** or backpack and take it with you to work so an easy healthy way to relax will be right there for you during the day. All you need is 30 minutes and an electrical outlet and you are set.

Find a comfortable quiet place, plug HUSO in, slip the bands on to your wrists and ankles, put on the headphones and then sit back and let HUSO transport you to a place of relaxation and peace.



# IN TRANSIT HACKS

Even the act of getting to where you are going can be stressful. That late thing. Traffic jams. Crazy drivers. **Humming helps. Or singing** along to your favorite song... or making one up. When you use your vocal chords to create rhythmic melodic sounds you generate a soothing internal vibration you can actually feel and that your body and mind really love. Like a purring cat... kind of.



*Use your transit time to make a joyful noise*

Did you know:

- Vibrations generated by your vocal cords when chanting om - which ends with a humming sound - stimulates the vagus nerve to deactivate parts of the brain associated with depression and stress.
- The yogic breathwork technique brahmari in which you breathe deeply and slowly through the nose and make a humming sound like a bee when you exhale (keeping your lips closed tightly) is often recommended for calming the mind and relieving stress.
- We normally breathe 15-17 times a minute. When we hum we can decrease our breath rate to 4-6 breaths per minute. This can slow heart rate and lower stress levels.
- Research shows that singing has a tranquilizing effect on the body and mind, calming you down and cheering you up.
- Singing stimulates the production of endorphins, hormones associated with feeling good. Oxytocin, another hormone released during singing, creates feelings of safety and happiness. The more you sing the better you feel. Studies show singers have lower levels of cortisol, the “stress” hormone.

If you are taking public transit, you may want to skip the singing/ humming thing for simply **listening to calming music** that you download onto your device for this specific purpose. The best tracks to use for relaxing are those that are melodic but wordless. Recordings of chanting Tibetan or Gregorian monks are also excellent choices. In this way you allow your left-brain to rest up for the day ahead. You can keep this option in mind and always take a quick listen when time permits throughout your day.

## WORKPLACE HACKS

Before getting down to business, take 5 minutes to make a list of what you wish to accomplish during work hours, and then prioritize that list. Keep it handy and when other unexpected demands for your time and attention crop up, take a second to ask yourself “is this a priority, or can it wait?” and then add it to your list. Getting this stuff out of your head, on to paper and then allowing yourself to decide order of importance is a great mental stress reliever that will enable you to concentrate on what is before you with a calm and clear head.



*Getting it out of your head, on to paper and prioritized is a great stress reliever*

Psychologists say that making lists is an excellent way to work through confusion and answer questions that might be bouncing around in your head, especially at times of mental overload. Separating what matters from more trivial concerns can boost self confidence and a sense of achievement. List making also gives you an opportunity to really assess what resonates, allowing you to more efficiently plot your course. It is an excellent antidote for procrastination. Turning abstract thoughts into written words sets the stage for commitment and action.

**Divide your “to-do’s” in to three lists:** 1) A “must do” list where you place everything - all tasks and activities - you need to address. 2) A “must do today” list, where you prioritize everything you want to accomplish today. 3) A “do later” list where you create a tentative schedule for things to do in the coming days. This constitutes a very effective time management plan.

**Keep a glass or bottle of spring water handy.** Be sure to drink at least ½ gallon a day. Remember: dehydration = a stressed body and a sluggish brain.



*Staying hydrated can help keep sluggishness and exhaustion at bay*

At least once every 30 minutes, **get up and move away from your workstation.** If that is a desk, stand up and walk around for a couple of minutes. If you are already standing and moving, then step away from the activity you are engaging in. Be sure to move your mind away as well as your body. Focus on something else. Take deep breaths. Stretch.

Here is some interesting information from the Harvard Business Review:

- “In one study of more than 12,000 white-collar employees, those who turned away from work every 90 minutes reported 30% higher level of focus, 50% greater capacity to think creatively, and 46% higher level of health compared with peers who took no breaks or just one during the day.
- But staring into a smartphone or browsing the Internet doesn’t really count.
- Truly restorative breaks instead involve exercise, conversation or reflection.
- That means walking outside for some fresh air, talking with someone (about something other than work), or doing a few minutes of mindful meditation.
- Ten minutes is sufficient, although longer breaks offer even more benefits.”

**Take a twenty to thirty minute walk outside.** This is probably one of the best ways to reset your body and mind, shifting you back to a state of balance. Air and sun are great rejuvenators. Moving your body also releases any pent up contraction or tension you might be holding in your muscles and helps maintain the health and wellbeing of your circulatory system.

While you are out there, if it is possible and weather permits, **take off your shoes and put your feet on the ground.** This resets your energetic field and eliminates any ionic charge (static) build up in your body. This build up can actually drain your energy and create stress at a cellular level.



*Take off your shoes and let the energy of the earth balance your frequency*

If you have access to privacy and 30 minutes, **pull HUSO out of your backpack,** slip on the wrist and ankle bands, put on the headphones and give yourself a deeply relaxing, mind clearing audio massage.

During breaks **hold your hands and wrists under running water for 2 minutes.** It will reset your energy and help to eliminate harmful charges that build up in your body from using computers, tablets and cell phones. This build up can create irritability, foggy brain, low energy and elevate stress levels.

**Periodically massage your hands and shoulders.** If you can, take off your shoes and give yourself a foot massage (this will obviously work best if you can find some alone time!). Your hands and feet are filled with meridian points that are connected to every other part of your body and so when you massage them with intention you help release imbalances and tension elsewhere.





*Take time to tune in to your heart and soul*

One of my favorite 5-minute hacks is creating something called **heart/brain coherence** using a technique recommended by Heart Math. When your heart energy and your mind energy are in alignment, your body naturally enters a state of relaxation. There is actual science behind this hack, having a lot to do with the vagus nerve, but knowing the science is not necessary to achieving this healing rejuvenating condition. Here's how you do it:

- Close your eyes.
- Rest your hand on your heart or the center of your chest.
- Allow your attention to drop out of your mind and down to where your hand is touching your body.
- Take several deep slow breaths, until you can feel your body begin to release tension.
- Think of something or someone that engenders feelings of empathy, compassion, or gratitude. Concentrate on that thought until you begin to feel the emotion. At that point you will actually notice a distinct change in your energy and the state of your body and mind. You may experience physical responses like tears, sensations of warmth or a deep sense of wellbeing.
- Allow yourself to remain in this state for at least 3 minutes.

If you do this you will have shifted your body into a state of calmness and balance that will remain with you as you return to the task at hand.

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When you leave at the end of the workday, **do not pack your work into your mental briefcase and carry it home with you.** Take five minutes to make another list of things to address the next day. Get them out of your head. Take a breath and walk away.

## HACK THE NIGHT

First things first. It is important to set the stage for a perfect night's rest, creating an optimum environment for deep and lasting sleep:



**Turn off your computer, router, and cell phone and place them away from your bed** (preferably in another room) when you are ready to sleep. Work towards not using them at all for at least one hour before bedtime. The harmful EMFs generated by these devices interfere with your body's ability to fully relax. *From a study by the National Sleep Foundation:* "Nine of 10 Americans reported using a technological device in the hour before bed (TVs being the most popular at 60%). Unlike passive technological devices (such as TV or mp3 music players), the more interactive the technological devices (such as computers/laptops, cell phones, video game consoles) used in the hour before bed, the more likely difficulties falling asleep and unrefreshing sleep were reported."

Keep **fresh flowers or a living plant by your bed**. That reminder of your connection to Nature and the beauty of life speaks deeply to your soul and encourages feelings of peace and calm.

Color can be stimulating or calming. The colors you choose for the space where you sleep play a significant role in setting the mood for rest. Using **neutral soft monochromatic color schemes** have been shown to create a soothing response in humans.



Try using slightly **heavy covering or a weighted blanket**. For some people this triggers a sense of security and protection and allows them to relax more fully.

Using **soft natural fibers** for your bedding deepens feelings of comfort and pleasure. Another reason to use natural materials is that synthetic fibers create static buildup. This charge can negatively effect your own biofield.

**Keep your sleeping area dark....** as in really dark. Eliminate all light if possible. Your body and mind are wired with rhythms that tell it, "There's light! Time to wake up." Any light can make it harder to sleep deeply and stay asleep.

**Keep the temperature of your home on the cool side** during sleep hours. Your body has a much easier time falling and staying asleep in a slightly cool environment.

The flickering light emitted from TV and computer screens is a real enemy of the sleep state and can seriously interfere with your quality of rest. So for sure **switch them off** before bed and work towards replacing your after dinner web and cable surfing with non-electronic nerve calming pursuits. Stretch your mind. Read a book. Take this time to have significant nurturing conversations with your housemates. Cuddle with your pet. Write in your journal. Paint a picture.



Think of the hour or two before bed as your **cooling down period**, where you are creating a space for your body and mind to let go and relax. Let yourself daydream. Now is a great moment to bring up mental pictures of all the beauty and enriching experiences you encountered during the day. Take a leisurely walk with your dog or a friend and bathe in starlight. Read a book, listen to soothing music, take a warm bath with candles, lavender oil, or Epsom salts. Stare at a crackling fire. Or sit outside on the porch listening to the night sounds. Don't think. Just be.



This is also a great time to eliminate any tension or stress that accumulated during your day by **hooking up with HUSO!** Our specially enhanced sounds derived from human toning are delivered by way of an easy-to-use system to your body and your brain for a whole body experience. Thirty minutes and you will be deeply relaxed. You more than likely will relax so completely that you will fall asleep.





When it comes to sleep, your body and mind love predictability, so **go to bed around the same time every night.** Your body's natural instinct is to sleep soon after the light disappears from the earth and awaken when it reappears every morning. Training yourself to get to bed not too late and to arise early will make an ally of your body biorhythms in your quest for rest.

If you do have trouble falling to sleep **don't just lay there.** Chances are remaining in bed will cause your anxiety over sleep deprivation to escalate and tension to increase in your body. Get up, go into another room, play some calming background music and read an inspiring book. Use the soothing scent of lavender to stimulate the relax response in your brain. Massage your feet. You can use HUSO again, choosing a program like CALM or RELAX to release lingering tension or stress.

Once in bed under your cozy covers in your slightly cool, really dark room, breathe deeply and slowly for several minutes and **think of three things you are grateful for.** Three amazing, beautiful or wondrous things that happened during the day. Say thank you and go to sleep with a heart filled with gratitude and peace.

Sweet dreams, pilgrim!  
With love, HUSO



*Experience the power of human sound*

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