

GOLDSTER★

SLEEP SOLUTIONS





BUILD YOUR BEST SLEEP ROUTINE WITH US

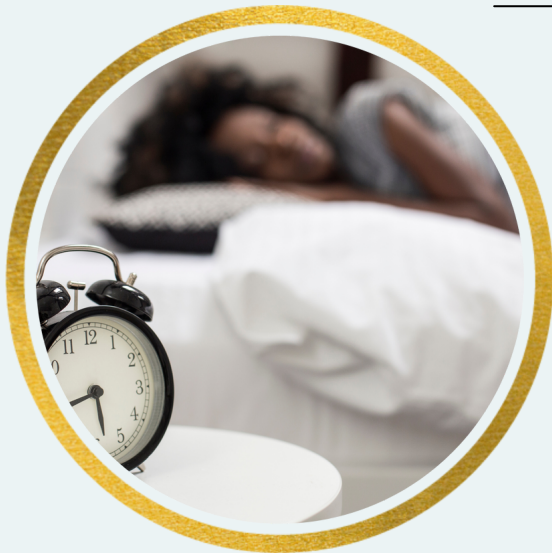
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SLEEP SOLUTIONS

WE SLEEP FOR 1/3 OF OUR LIFE

Getting a good night's sleep is incredibly important for your health. In fact, it's just as important as eating a balanced, nutritious diet and exercising. Most of us know that getting a good night's sleep can help us feel rested, give us more energy, and allow us to be more alert the next day.

Sleep deprivation can put your health and safety at risk, which is why it's essential that you prioritise and protect your sleep on a daily basis.



SLEEP IS YOUR BODY'S HEALER

Consistent, quality sleep provides restorative, protective, and energy-conserving functions to patients. The quality and quantity of an individual's sleep influences the body's ability to repair and grow tissue, bone, and muscle. It also helps to strengthen an individual's immune system.

Without proper sleep, people can experience sleep disturbances and fatigue that may affect the recovery process. Disturbed sleep can cause diminished physical and cognitive functioning, mood instability, emotional distress, and amplification of symptoms.

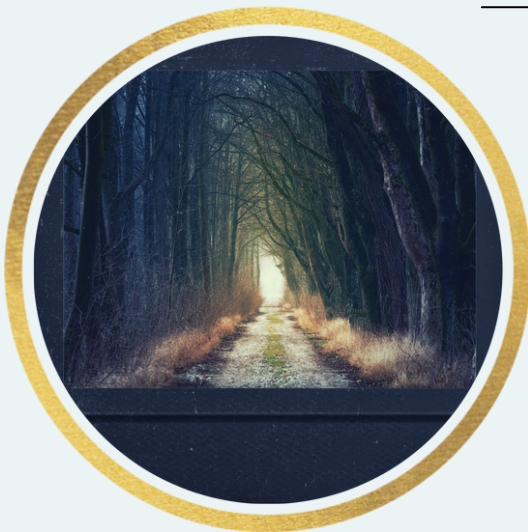
"Happiness consists of getting enough sleep"

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

THE COURSE

This program is designed to educate participants about various aspects of sleep and provide strategies for improving sleep quality. It covers topics such as the stages of sleep, life stages and sleep patterns, chronotypes, caregiving and sleep, and setting the stage for optimal sleep.

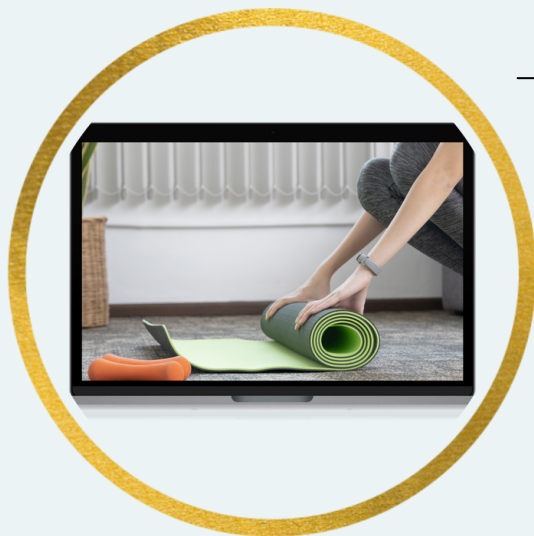
Participants learn about the importance of each sleep stage and how lifestyle habits can influence sleep. They also explore how sleep patterns change throughout different life stages and discover their own chronotype. The program provides guidance on managing different sleep styles within a household and offers support for caregivers. It concludes with goal setting and creative activity to plan for better sleep.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

"When we do it together, we feel better together"

TRACK YOUR PROGRESS

The key to any improvement in health is understanding how your progress is made. This programme has a range of questionnaires and surveys to help to track your improvements.

During the programme we will monitor:

- Your perceived physical, emotional and cognitive health with an assessment at the start and at the end
- Your physical confidence and where you see the greatest areas of difficulty so your instructors can target them
- Your feedback with a daily post-class confidence survey to understand how you're feeling



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

"Learning is a journey of self discovery"

Week 1 - Stages of Sleep

This introductory session will look at the different stages of sleep that we experience and help participants to realise the importance of each to value their sleep. The session will revisit lifestyle and look at how little shifts in habits can influence each of the sleep stages for the better to enable more restorative sleep.

The session will also include a quick recap of the key principles from the last program for any newcomers to catch up and not feel lost.

Participants will need the sleep and lifestyle diaries sheets and wheel of sleep worksheet.

Week 2 - Life Stages and Sleep

This session will delve in to how our sleep patterns and needs have changed throughout our lifetime. Participants will have a chance to notice the patterns and shifts they have gone through and understand the shifts they need to make to accommodate the differing needs at each stage, particularly focussing on their current life stage and how best to approach this for their improved or best sleep.

There will be room to discuss the impacts of menopause over sleep and how specifically to manage any effects of this.

Participants will need their sleep timeline worksheet for this session.

Week 3 - Chronotypes and sleep (part 1)

This session will focus on understanding the animal types set down by processors as the different categories of sleeper. There will be opportunity for participants to discover their own animal type (chronotype).

The session will then look at defining the routines that are necessary for these different styles of sleeper to enable getting the most out of your sleep. It will also allow participants to look at their eating habits and exercise routines to know how to approach their own circadian rhythm.

Participants will need their animal chronotypes and quiz answers worksheets.

Week 4 - Chronotypes and sleep (part 2)

This session will look at the discoveries made since learning about chronotypes in the last session. What did participants notice from re-arranging their food and exercise regimes to match their style?

The session will then focus on what other chronotypes participants might find around them and how they might differ from them. Then the session will cover how to manage these differences when living under the same roof, or even just when making plans to help preserve participants long term energy.

Participants may need their weekly planner sheet, pen and paper.

Week 5 - Caring for your Sleep

This session will be focussed towards those participants who have roles they have to take such as carers for others. Recognising this can have a detrimental effect over their own sleep but still wanting to fulfil this role, in this session participants will have the chance to look at how to regain some control over their sleep patterns.

How to rejuvenate energy, find their pattern and also how to find and tap in to their support.

Non-carers attending the session will also learn how to be an ally in these circumstances and how to manage their own energy levels when they feel they might be giving out too much to friends and colleagues.

The session will finish with a yoga nidra, NSDR technique that is powerful for restoring energy.

Week 6 - Setting the Stage for the Best Sleep

This session will include a round up of the tools and processes covered and goal setting for future sleep. An engaging session designed to be fun and interactive. Looking at devising a vision board to create plans moving forward.

Participants will need paper, pens, magazine cuttings and images from the internet.

YOUR JOURNEY

1

WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



Anna Campkin

Expertise: Life Coach, Mindfulness Coach and Counselling

Anna Campkin is a fully qualified life coach and NLP practitioner with Distinction from The Coaching Academy. Specialising in confidence and emotion management, Anna is passionate about empowering individuals. She has worked internationally in business coaching; as well as with NHS, charity and wellbeing sectors in the UK.

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6



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