

SLEEP SURVEY RESULTS for Yoga Therapy for a Better Night's Sleep Course

Dear Students, Clients and Friends,

Here are the brief survey results. I really appreciate those that took the time to let me know that this course is needed! I have added my comments in grey to highlight some of the things I found interesting.

Once you have reviewed, if you have other questions or comments, I would love to hear what they are. Email me at lsprosche@gmail.com or call me at 415-259-8900 or if you have not taken the survey, [CLICK HERE](#).

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-For those of you that suffer from lack of sleep and not feeling well rested when you wake up, what are your most challenging symptoms related to your sleep issues? **#1 Lethargy and Anxiety** were tied for first.

Were there any others that I did not list that you want to find out about?

-How have you tried to solve these challenges in the past? **#1 Exercise**

This answer as well as the others gives me some insight into how we culturally deal with stress and perhaps the guidance we receive from the Media, Drs. and other "authority" figures.

-Based on your most challenging symptoms which changes would benefit you the most **#1 Replace afternoon slump with brighter mood**

This one surprised me. It is the one that I struggle with as well. Caffeine is the antidote for most people so we will discuss stimulants and adrenals a little further in the course. There are other options!

-What is the biggest stressor in your life that gets in the way of a good night's sleep? **#1 Separation from our loved ones.** *This points to our need for connection, community and support. We are all in this together.*

-When it comes to learning more about how to reduce your sleep issues, what are your top areas of interest. **#1 Yoga Postures** *This is the GOOD NEWS because you will have all the tools including Yoga postures once you complete the course.*

-If you had one question concerning your frustration about your sleep issues, what would that be? *This was a fill in the blank and there were many comments which I appreciate. The overarching frustration was really...how do we fall in love with sleeping again.*

Find out more when you **SIGN UP for Yoga Therapy for a Better Night's Sleep TODAY** and stay tuned.

Warmly, Linda



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