

I'm so excited that you've decided to join us on the upcoming 21-day sleep challenge. Please note that the **challenge starts November 1st, 2015.**

To ensure you receive all the tips in your inbox please add the email aubree@peacewithendo.com to your email safe sender list.



What do you need to prepare?

The following items will assist you in completing the daily tips to improve your sleep. These are ordered, as you'll need them in the course of the 21-day challenge.

If you're not able to collect all the items in this list, then no worries. Do what you can. Many of the tips that I'm going to

share with you will not cost a thing, except your participation and intention to adjust your daily habits.

Items for the 21-day sleep challenge:

1. Fiction paperback book

2. Epsom salt

You should be able to get epsom salt at a local grocery or health food store.

3. Organic tart cherry juice

4. Local raw honey

5. Calming essential oils & optional diffuser.

Ideas:

- Lavender
- Sweet marjoram
- Roman chamomile
- Ylang ylang
- Hawaiian sandalwood

I offer a high quality blend of these essential oils and oil diffuser. Please contact me at

aubree@peacewithendo.com to learn more.

6. Journal or notebook & writing utensil

7. Blackout curtains for the windows in your sleeping area (The ones I use are by eclipse)

8. Alarm clock with no light or with a dimmer (your phone doesn't count)

What are you sleeping on?

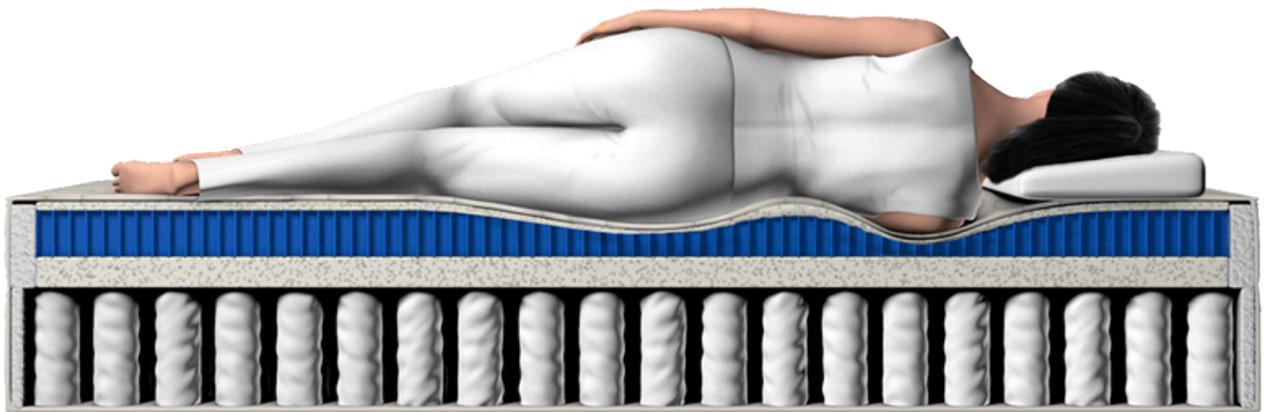
Deep, healing sleep is so critical for those of us dealing with chronic pain, **and the mattress you sleep on plays a pivotal role in this.**

Research shows your body repairs itself during stages three and four sleep. If you are sleeping on a mattress that does not provide the proper pressure relief you need then you will not achieve this level of healing sleep.

When I invested in an intelliBED® mattress this completely changed the quality of my sleep and the aches and pains that my old, toxic mattress was causing.

intelliBED® reduces pressure points so it eliminates tossing and turning and optimizes deep, restful sleep. And best of all it's made of safe, non-toxic materials.

I've been sleeping on my intelliBED® mattress for about six months now and it has truly changed my sleep. I feel more rested and wake up with less pain in my lower back, shoulders and hips.



I talked with a representative over at intelliBED® and was able to secure a special offer for the Peace With Endo tribe:

**Save 10% off any mattress
PLUS get two intelliPILLOWS
and a set of Bamboo Sheets.
(valued at \$500!)***

Visit www.intelliBED.com to learn more.

Use promo code **peacewithendo** at checkout.

This offer is good through November 14th, 2015.

Thanks again for participating in the challenge.
See you on the 1st!

*must purchase a queen size or larger