

Episode 31 - 4 Ways to Sleep Better Now with Julie Wright

Donna Ferris: [00:00:00] Welcome to Bounce Back Stronger, the podcast that explores ways to find peace and purpose no matter what happens. I'm your host, Donna Ferris. And today our guest is Julie Wright, who is an expert in an activity we all struggle with from time to time.

What is that activity? Sleep. A little about Julie. Julie is the visionary founder of We Sleep, a pioneering company dedicated to assisting individuals and businesses in navigating the challenges of poor sleep and insomnia. Julie's journey into the world of sleep began with a simple but profound motto, sleep and your dreams will come true.

With this guiding principle, she has dedicated her life to helping others unlock the power of restorative sleep, believing that it holds the key to realizing our fullest potential. Drawing from her vast expertise and the wisdom distilled in her groundbreaking book, *The Natural Sleeper*, Julie is here today to share invaluable [00:01:00] insights, practical tips, and transformative techniques to help us all reclaim our nights and awaken refreshed, rejuvenated, and ready to embrace each day with vitality and purpose.

It's so good to be with you, Julie. Thank you so much for joining us. I look so forward to learning from you today.

Julie Wright: Thanks for having me. I'm like, whatever opportunity I have to work with people to spread the word, you know, about sleep is just like a passion for me. So it's really my pleasure.

Thanks for having me.

Donna Ferris: Oh, it's, it's my pleasure. So maybe we just start right off. What is the one thing that you wish everyone knew about sleep?

Julie Wright: The one thing that I want people to know is that it's an incredibly complex process, you know, or activity in a way, because actually when we're asleep, we're actually quite active.

The brain and the body does a ton of stuff. You know, like recovering rejuvenating, [00:02:00] memorizing you know, problem solving, creating. And so it looks so simple to watch someone fall asleep, right? It just, it seems so

easy. But actually, it's not easy for everyone. And so there's about a third of the population on this planet, especially in Western civilizations and cultures, who struggle with sleeping well, you know, and it's just become an increasing issue, impacted people, not only adults, you know, children and teenagers as well.

I'm thrilled that people are paying more attention to sleep. And even though it looks simple, it's quite complex, but there's so many ways to achieve poor sleep when we suffer from, you know, chronic insomnia. And that's what I'm here to say. I'm here to say, actually, you have more control than you think over how well you sleep.

And there are now, you know, there's a lot of information and support [00:03:00] if you need it.

Donna Ferris: Oh, that's great. And I have read your book *The Natural Born Sleeper* and I love it. And one of the things I really love about that book is that your approach is open.

You don't prescribe, which I think a lot of times it feels, at least for me, when somebody comes in and says, you have to do these 14 things, and then you'll be great. And, there are certain things, and I'll ask that later, that can really be helpful, but you come at it like, there's like a wheel in the front that, that says, you know, if you're kind of like this do those things, I love it.

I don't know if you have it there, but I think it'd be really interesting for people to see.

Julie Wright: Yes, I'm going to show it quickly, and I'll explain how I got to this. So basically, yeah, I think it's page 10. So you can see, I mean, I have my bookmarks, this page 10 and 12, which are charts, because why I'm doing this sleep coaching is because I had the issue with sleeping [00:04:00] myself, you know, about, I think it was about 15 years ago.

I started like most people, going to the primary care physician or GP, as we call it in England. And I was prescribed sleeping pills. And actually, It really didn't suit me at all. Like I felt, first of all, I had reactions to it. I was hyperactive instead of sleepy. Don't ask me why. And, and I would feel really groggy during the day.

And anyway, sleeping pills are only to be used for a short period of time, except if you go through a traumatic experience, like perhaps, you know, the loss of someone you love, you could use it for a few weeks. Taking sleeping pills. on a

permanent basis or chronic basis is not a good idea. And that kind of ties to something else I would; you were asking me about what I want people to know about sleep is that you know, we, we are, we were built with an internal pharmacy that has all the natural chemicals, and I mean neurotransmitters [00:05:00] and all sorts of hormones and organs and a brain that organizes it all for you.

There's a chief sleep operator, orchestrator, officer, whatever you name it, inside your brain that is taking care of it for you. So technically, if you can reconnect with your natural ability to sleep, that's the best way, you know, and it's possible. So what was happening was that I started trying all these things because I didn't want to take a sleeping pill.

I tried many, many things. This is kind of how I started gathering my knowledge. I surrounded myself with therapists, doctors, researchers, and academics, learning from them. Then there were all these approaches and solutions, which are natural, meaning not taking medication or at least not chemical.

What I'm trying to make a difference, I guess, between, for example, herbal remedies and things like that, you know, which is also a sort of medicine. But it's like, how do you [00:06:00] organize all these solutions in a way that makes sense? So that's how I did these charts. You know, I have two of them, and I am looking at helping people.

Use this chart to work out what would be best for them because we're all different, you know, in terms of personality and culture and the things that resonate with us. For example, some people might be pragmatic and need science to back up their decisions. Other people might be more intuitive and a little bit more into energetic and spiritual approaches.

They don't even want to hear about science. And then some people want immediate results like they don't have time; it's got to get fixed. Some people are more patient and can sort of work more, you know, in the long term. Some people might be more self-care, and then they just want to take care of themselves, and others need a professional or a coach, sorry, you know, by, by their side to create the changes, you know, and, and, and work with someone.

[00:07:00] You know, and having that assistance. So yeah, and I basically organized it that way around professional support versus self-care being intuitive versus pragmatic, and also, is the issue physical, physiological, or

psychological? All these criteria that I just shared were a way for me to present it to the world, saying, who are you? What would work for you?

And remember, everyone's different. So solutions and the toolkit that you build for your sleep will be different from one person to the next. It will also be different from one night to the next because every day is different, and every night will be different as well. You know, we prepare for sleep.

We can cultivate sleep mostly through the choices we make during our days. So I always say [00:08:00] days are more important than nights. If you want to sleep well, pay attention to the choices you make and the events and whatever happens in your day because this is what will dictate how good your sleep is.

You will get the quality and also the duration.

Donna Ferris: I love that. And I just want to say for two seconds that I had always poo-pooed dream catchers until I read your book, and then I bought one, and I slept very well. So it's really interesting. I mean, and I think it was, I just, you gave me permission, I think, in a way to explore kind of new things, which is one of the things I really recommend, you know, for folks to read this book because I think it, it.

It takes what feels so far from us into our own hands and allows us to explore solutions that we may have been closed off to beforehand.

Julie Wright: Yes. And you know, when I wrote this book so it's called The Natural Sleeper, it was really about not taking sides. I'm not telling you what to do.

I'm saying here are all the things. But first, there's an [00:09:00] introduction about how we sleep, why we sleep, what happens while we sleep. And it's important to understand because once you understand the physiology and the sort of biological processes, that take place. It helps you understand why solutions work, you know, and so they tap into mind and body.

So, basically, I wanted to lay it all out without taking positions for one thing over the other or saying that's good or that's not good.

I just tried to make a sort of guide with all the different solutions. And then it's up to you to decide what works for you. Or maybe you have a bit of curiosity around certain things like what you did, which is, oh, let me just try it out, see what happens. This has happened a lot to me in coaching with men because men

tend to be more pragmatic, and they're just not too sure how, for example, emotional freedom therapy works.

EFT, I don't know if you've heard of it, but it's tapping. I have.

Donna Ferris: It helped me through a [00:10:00] traumatic situation that I I had to recover from. It was; it was life-changing.

Julie Wright: Yes. And it's interesting because it's about tapping on certain points, you know, on our bodies, face, and head, which helps you get over the trauma.

Actually, I recommend it for sleep as well, for people who are very anxious and stressed, and it could be a really good one. For example, if you're preparing for a big event, say you have a big presentation or pitch or, you know, I don't know, anything that could make you feel like you haven't acted in a way.

Taping is really good for that, as well. Most guys are like, Oh, what's this thing? What's up with like tap, tapping and talking and then when they try it, and they see that it works even for guys, you know, that that's really quite a magical moment because yes, you just have to have an open mind, but you have to let your intuition guide you perhaps or read the information if you want hard facts if you want to see research and make [00:11:00] your decision that way.

That's another approach. I'm completely agnostic. You know, what works for you works for me.

Donna Ferris: I think that's really helpful. I think some of the best books on subjects allow you to explore and figure out your own way, and this certainly does that. Let's identify, if you can, two or three things that everybody could do to improve their sleep.

Maybe it's something during the day or whatever, but I think that's a really good idea: that the day is really what's going to bring your night, you know, success. But, yeah, please share two or three things that we all can do.

Julie Wright: Yes, right, because it could be a whole list. In fact, there's a book about it. So you know, of course, there are also many books about sleep. So there's just a lot of things. For me, the first thing is to anchor your wake-up time. So, you'll hear a lot of sleep professionals talk about that.

And what that means is that you should wake [00:12:00] up at the same time every day, no matter how late you went to bed, and hopefully not too late if you need a lot of sleep. And again, sleep needs are different from one person to the next. The range is between four hours a night to 10 hours a night, with the majority falling into sort of like seven, eight hours, you know.

But some people might need more, and some people might need less. So waking up at the same time every day, including weekends, which is hard because everyone wants to sleep in, you know, on Saturdays and Sundays. But if you do that, you help regulate your circadian rhythm, which dictates all the activity within your body and brain to prepare you for sleep.

Once you start having an erratic sleep schedule, your brain is really confused. It doesn't know which neurochemicals to release when; it just gets confused. And so then this is when you get dysregulation, you know, in terms of hormonal releases or neurochemical [00:13:00] releases as well. So anchoring your morning, you know, your wake-up time.

The second most important thing is your exposure to light, specifically daylight, specifically outside. First of all, humans are supposed to be asleep at night for most of us and active during the day. If you think about the evolution of humankind, it was about hunting and gathering outdoors, and we weren't meant to work all day in front of a computer.

We were built to be outside and look for shelter at night, you know, in a sort of a dark, safe, quiet place with a temperature that's reasonable, not too cold, not too hot. And, so while we were outside, you know, in the daylight, we were exposed to natural daylight and the sun, and it just helps you produce, for example, melatonin, just to begin with.

So with vitamin D, [00:14:00] which you, you get from exposure to light through your skin, and certain things that you eat, you start producing serotonin, which is the happy hormone also, by the way, which then transforms into melatonin and is released by your brain, you know, with your pineal gland.

That process needs to be quite regular, which is why when you travel, you experience jet lag that's just so painful to go through until you can regulate and readjust to the day-night cycles, which really helps with that. So, if you anchor your time and expose yourself to daylight outside, go for a walk or maybe a run or sit on your balcony; even if you feel just too lazy to go for a walk or run, just at least sit outside if you can.

And then the third thing. And there are many other things, believe me. There's a whole bunch. Yes, there's a whole bunch. But it's really also giving yourself the opportunity to sleep. [00:15:00] People sacrifice sleep. You know, they sacrifice sleep, putting it last, and I'm hearing things like, I'll sleep when I die. Sleep is for the wicked, or don't sleep, or, you know, you sort of want to show that you're a superhero by not needing more sleep.

If you give yourself the opportunity to sleep, you can go to bed at a reasonable time for you. Again, it'll be different for different people. And you combine that with a regular circadian rhythm. And as long as your sleep hygiene is decent, which it is for most people, it's not that bad. You know, these are probably the three most important things in my view.

You know, and then there's a long tail end, in which, as a coach, I would work with the person to understand what's happening in their lives and what improvements they could make. And then there are other tweaks that you can do, you know, but at least if you could do these three simple things, you should already see a difference.

Donna Ferris: And what's great about them is they're all in your [00:16:00] control. It's a very good point. And they're all self-care. You know, there are decisions that you make for yourself that are self-care. Yeah. I love that. Thank you. Let's talk a little bit about some of the, like, sound therapy and herbal remedies that you might recommend.

I think it would be interesting to delve a little bit into that kind of. I you know, sorry for any of the pragmatic folks that don't want to hear much. My audience is, I think, a little bit more, you know, Tipped to that. So let's spend a little time there, please.

Julie Wright: Yes. Yes. And if you want a bit of science, I still cover it in my book or, you know, whoever's watching can reach out with questions.

Donna Ferris: Well, maybe we do science first. We can do science first. We have time to do both. So we can do science first and then holistic if you want. I mean, I think.

Julie Wright: Yeah, but the thing is they work together, like I, you know, so for example, what I just talked about around the Circadian rhythm, around exposure to light, you know, producing your own melatonin that, [00:17:00] that's already some science, obviously it's very high level.

You know, there are also things, so maybe I'll add understanding sleep cycles as well, so the majority of scientists have been debating you about should you sleep and sort of continue sleep, or is it okay to sleep in phases, you know, like, let's say three, four hours, wake up, and then, because there's a lot of stuff that's come out in the press about that, and the majority settles on, no, actually, it's better to have continuing sleep, we all wake up during the night for very, very short periods of time, like maybe a few seconds to a few minutes, and then we fall back asleep. It's, it, this happens when you should start being concerned as if you really can't fall back asleep after, say, 15 minutes, you know, and this is also evolutionary as well, and it was a way of, at least this is the theory from scientists, that we would wake up just to be aware that there was no looming danger, about to attack the tribe or anything [00:18:00] like that.

And if everything was calm and quiet, fall back asleep. And so we go through the different stages. What I want people to know is that every stage of sleep, whether it's deep, light, or REM, rapid eye movement sleep, is where you spend most of your time dreaming. Actually, there are also some findings that we dream in other stages as well, but the majority would be in REM sleep.

Each of these cycles is as important as each other. It's not just deep sleep that's important. Deep sleep, yes, and that's the one where you're really knocked out. You can't really, it's difficult to wake up from deep sleep. And you, this is a time where you're sort of repairing.

You know, and healing, growing as well. So it's very important, and this type of sleep makes you feel refreshed. However, light and REM sleep are also important for your physical and mental health. Processing data, information, learning skills, creative, also the waking up with [00:19:00] solutions somehow, you know, something that you can work out the day before you wake up and ta da, it just came to you, you know, because your brain keeps working while you are.

Sleeping or seemingly asleep, it's important to understand that every cycle works and is important. Ideally, you would sleep continuously as opposed to choppy sleep, so the body spends most of the time in deep sleep at the beginning of your sleep.

Then, it cycles through light REM and deep light REM sleep. And so as you go towards the morning, you start dreaming more and more because the body spends more time, it prioritizes repair, healing, recovery, and then it moves towards mental health, you know? And then dreams are so important. They help you stay sane, I'm saying, sort of mentally sane, processing emotions, working

through difficulties, perhaps of the day, preparing you for [00:20:00] what's ahead. So it's sort of like a balance between mental and physical health that takes place throughout the night. So ideally, if you sleep continuously, that would help your body deal with all of that.

So that's probably where I'll stop on the science, but there's There's much more.

Donna Ferris: That is really fascinating because it explains a lot because if you're, if you're going through difficult times, you kind of shorten your sleep because you can't sleep or whatever, but that's probably the most important time that you needed was to sleep, right?

For your mental health,

Julie Wright: I mean, you know that sleep deprivation is a torture method, right? Like, so if you really want to drive someone crazy or brainwash them or hurt them, try stopping them from sleeping. I mean, it's just a really this is how this is how you know how important it is.

If you're deprived of food, not water, but food, you can kind of go for a while. If you don't exercise even for a year or more at all, you know, you might still live. If you don't sleep. What happens? It's just [00:21:00] impossible. , it's just something we need. Absolutely.

Donna Ferris: That was so helpful. The science and I've just, again, never made that connection with mental health. So that was revelatory for me. How about the holistic side? So, the sound and the other aspects, the dream catchers.

Julie Wright: You're asking the right person because I am super pragmatic.

First of all, if it can't be proven, I don't know if I'm going even to believe it or pay attention. You know, like that's my nature. I'm very pragmatic. I need facts. I need proof. And over the years, you know, when, when certain things just don't work as well for me, and for me, it was pills, you know, prescription medicine.

And then people start telling you, Oh, you should try this. You should try that. And how about this? And how about that? And then I had a, actually was a business coach, an executive coach who I was working with, who started to. He just talked about it, and then he introduced me to, well, Chinese [00:22:00] medicine.

At the same time, other things started appearing, you know, we were talking earlier about, just going with the flow, which is also not something I was used to because I'm a planner. But then through suggestions and also encounters, you know, that I've had, I started opening myself to different approaches.

So, traditional Chinese medicine and Ayurveda are from India. You know, thousands of years. It has been practiced for a very long time. They have a completely different approach than we do, you know, compared to Western medicine. And I thought, well, you know, I don't, I'm not going to lose much by giving it a try.

And it's probably the two types of Eastern medicine that I've experimented with. And I was absolutely shocked by the results and how I felt. And even though it would sound a bit weird when I read about it. But then [00:23:00] some things did make sense. And then I started feeling something, and when you sort of start practicing mindfulness, for example, a meditation, you start feeling it much more because you are neutralizing external stimulation, and you're just with yourself.

And all of a sudden, a lot of it made sense. So, that's how I started opening the beautiful Pandora's box of, in a positive way, all the great things you can try and see what works. So yes, I'm a really, really big fan of sounds and sound therapy. For some people, it might be listening to an audiobook or a podcast.

For some people, it might be a certain type of sound. So, a lot of people have heard of white noise, especially children. White noise machines, you know, it's something that parents use frequently. But then I started discovering other sounds. Brown noise. Pink noise, binaural beats, you know, and all of these sounds, by the way, if you are on a music service like Spotify [00:24:00] or even others, you can just Google and find a lot of that, you know, it's available out there and see what works for you.

In my workshops, I sound sample so that people can see what words. For example, I'll switch on the sound of the rain. You know, the rain works really well for me. It's so relaxing, and I could really sleep well. For some people, it's not. It's just basically horror. It's like, no, stop it right away. I cannot; I just can't stand that sound, you know. Maybe birds might be something that works better for them.

I prefer brown noise over white noise because brown noise is the type of sound you hear when you're on a plane, that sort of buzz that's quite deep and low.

And before you know it, a lot of people are asleep. It's because also of that sound and sort of, you know, how it works and the frequencies that are emitted.

And so you just have to find what's right for you? And so this was on the sound side. I talked about traditional Chinese medicine, a mixture of [00:25:00] herbal remedies and acupuncture. And I found that acupuncture worked really, really well for me. And then I discovered acupressure, which basically activates the same points, but you can do this yourself and at home.

And in my workshops, I also demonstrate the different points that work. And this is something you can do for yourself at home. And if it's not enough, then by all means, you know, go to your acupuncturist. So you could do both. Yeah. And so, and Ayurveda, I talked about, so that's also quite elaborated as well, with herbal remedies and a nutritional program and yoga and acupressure as well.

It's funny because the Chinese and the Indians have the same points, you know, which I always found pretty interesting. So yeah, it's just interesting to see the commonalities. So these are just a few. Honestly, my book is a couple hundred pages of all the other things that exist, but ask me if there's one in particular you're interested in.

I'm happy to tell you my thoughts [00:26:00] on it when it comes to sleep.

Donna Ferris: Yeah, I think you've hit them well, and I think one of the things that I was thinking about going back to EFT, the emotional freedom technique, that's almost, that's acupressure at the tapping, but it's a, it's, it's in the line of, all of the things that you were talking about there with, with acupressure and acupuncture.

Absolutely. And for those who are afraid of needles like me, it was a good one for me because I could still access the benefits without having to do something that would, you know, make me never sleep. To be honest, I wonder besides picking up the book, which I think everybody should. I'll have the links in the show notes.

What's one last thing maybe you would like to share with the audience that I missed asking about?

Julie Wright: Oh, gosh, what you've missed. Perhaps we should talk about breath and breath work because it's quite popular alongside mindfulness and meditation.

So breath and breath work are becoming increasingly popular. If you give me four [00:27:00] things to do, remember how I said the three things, and there would be a fourth one, which would be how breathing is healing. And it's absolutely true. When someone has a panic attack, therapists work with that person on certain breathing patterns to calm down the panic, just as breath work is super effective with falling asleep, even in the middle of the night, you know. So my go-to techniques are, so you basically breathe, there are different patterns. count for four and inhale, exhale for four, or inhale for four, hold for seven, and exhale for eight. And you do this over and over. There are other techniques, such as pranayama in yoga, which is nostril breathing, and you sort of alternate between the left and the right.

Another very important part of our body that helps us fall asleep well is the central nervous system. In particular, the vagus nerve, which [00:28:00] runs from the back of the throat to the pit of your stomach, is a magic nerve. It's basically connected to most organs in our body, and breathing is very important.

And breathing slowly activates it in a way that helps you relax. And often, if you have the right technique, that's all you need to fall asleep. So breathing is really important.

Donna Ferris: And that one is really good for falling back to sleep too, right? It's a great way to meditate quickly with a breathing practice to kind of get yourself back to sleep too,

Julie Wright: Exactly. Exactly. Because a lot of people don't have, most people don't have an issue falling asleep at the beginning of the night, you know. In fact, if you fall asleep in less than five minutes, you know, or if you fall asleep immediately as some people say, I hit the pillow, and I'm knocked out. It doesn't necessarily mean that you're sleeping well.

In fact, it could be a sign of sleep deprivation. You shouldn't, [00:29:00] it should take about 10 to 15 minutes to fall asleep if you have regular good sleep. Most people fall asleep quickly but wake up in the night and do not know how to fall back asleep. So breath work is great, as is progressive muscular relaxation, which is tensing and relaxing your body. Scanning from the top of your head to your toes or vice versa. I'm going to be doing more of that on social media because I want to show people. I think I'm going to do some lives, and I just want people to practice so they can see how it works.

Donna Ferris: And that's great. Yeah, another one that I've been doing recently, and it'd be interesting to know what you think about it, but it's counting your blessings kind of thing?

It deregulates your nervous system because, at least for me, I wake up, and then I start ruminating, which cuts it off. Because I can start to kind of, oh, and then I threw on a little bit of the meta meditation, which is, you know, if I'm thinking about somebody and they might be difficult, I will [00:30:00] go, may they be happy, may they be healthy, may they be safe, may they live with ease, which cuts that off.

Because it stops that flow of mind chatter.

Julie Wright: We can't sleep well if we don't feel safe, you know, so it's safe for ourselves, for our children, for people around the world. It's talked about as the happiness meditation.

I've heard it is called Metta. Yeah. To basically wish, you know, well and having a positive. Absolutely. I mean, we didn't even talk about all the mind techniques, but yes, as a sleep coach also, I would work with people on a routine and it sounds like you're building your own toolkit, which is great.

So, the tools that work for them. The practices that work for them and around the mind and ruminating and worrying and feeling anxious about it. yes, there are a lot of things you can do before going to sleep. Some people might be journaling. What you expressed today was gratitude, you know, and appreciation.

So it flips your [00:31:00] thinking. You really have to draw a line under your day, you know, and just sort of work. And prepare and not go to sleep without having planned what you're going to do the next day because a lot of people might worry and then they're awake and then they can't fall back asleep.

There are definitely a lot of mind-body relaxation practices and exercises and cognitive behavioral therapeutic approaches, you know, which are really helpful. The main thing is to avoid stimulation when you are in bed or going to bed, like anything addictive, like maybe binge-watching TV or video gaming or exercising really intensively or having an argument with someone close to you.

All these things will put you in an alert mode. And if you are in alert mode and not in safety mode, you will find it difficult. You might fall asleep quickly, but

you'll wake up because your stress levels and stress hormones are high. And so you won't [00:32:00] sleep well.

Donna Ferris: And again, all in your control, even in an argument, you can walk away from, believe it or not.

We all can do it. In most cases, unless you're unsafe for some reason, you can definitely walk away from it.

Julie Wright: Or defer it. Have the argument in the next day. Can we do this tomorrow? Yes, exactly. Can we do this tomorrow?

Donna Ferris: I'll put it on my to-do list. I don't really think this is a good time.

It's been so good to be with you and to learn from you today. And maybe just share the name of the book again, and then your and social media so that people can find you for these Reels and TikToks.

Julie Wright: Yep. So the book is The Natural Sleeper.

Donna Ferris: Perfect.

Julie Wright: It's also available in French and in Portuguese. If you have international listeners the social is at, we sleep UK, so W-E-S-L-E-E-P-U-K. So it's the website, [00:33:00] www.wesleep.co.uk if you want to get in touch.

Donna Ferris: Awesome. Well, thank you so much. I appreciate the time with you today.

Julie Wright: Thank you. Thank you very much. It's really a pleasure to talk about this with you. And, and, you know, hopefully it'll help. And let me know if you've picked up what I'd actually be interested in knowing.

So, what are the things that you're going to do differently, hopefully starting tonight or this week, to improve your sleep? Yes.

Donna Ferris: I think about my day differently and plan for my sleep because I just love sleep. One of the reasons I got sober was because I heard and I understood from practitioners that drinking was causing trouble with my sleep.

So I love sleep. It's like the number one thing that keeps me sober. But I don't think enough about my day and the stimulus during the day. I mean, I watch my caffeine intake, but I don't think about the activity very much. So I think that's something I'm really going to sit with and have a, have a think about, right, is, is how [00:34:00] my day activities and the things I allow during my day, how they're impacting my sleep.

I think it'll be a good one for, for me to, to take away.

Julie Wright: Sounds great. Excellent. Let me know how you get on.

Donna Ferris: I will. I will. Thank you so, so much.