



Chris Carruthers, PhD
Redefining Health. Your Way.

Personalized Sleep Coaching Packages

Sleep Well Tonight Action Plan

Step 1:

You decide that you will no longer accept one more night of poor sleep, and contact Chris to get started.

Step 2:

You receive your **Sleep Well Tonight Personal Workbook** and you complete your Pre-Consultation Questionnaire.

Step 3:

You spend 75 minutes with Chris discussing your unique challenges and solutions to:

- Love your Sleep Environment
- Rewire your Thinking about Sleep
- Make Strategic Lifestyle Choices (including sleep medications)
- Learn the Three Key Sleep Skills

Step 4:

You work your Action Plan, and you Sleep Well Tonight!

Investment in Your Health and Energy: \$469 CAD

(Your bed partner or family member is welcome and encouraged to join us for FREE.)



30-Day Roadmap to Sleep Well Tonight

Step 1:

You decide that your sleep challenges will be solved within 30 days, and contact Chris to get started.

Step 2:

You complete the first three steps of the **Sleep Well Tonight Action Plan** (on the left).

Step 3:

You and Chris work together on a focused and strategic **Daily Action Plan**, which includes three 30-minute follow-up calls and 30 days of email support and encouragement to embed your new habits, thinking and rituals into daily practice.

Step 4:

Every day, with Chris' consistent feedback and support, you:

- Learn, practice and master the Three Key Sleep Skills.
- Receive coaching and cognitive-behavioural strategies (CBT-i) specific to your unique challenges.
- Touch base with Chris any time by email with questions or to troubleshoot tough situations.

Investment in Your Health and Energy: \$799 CAD

(Space is limited each month so please book now.)

Book Now: chris@chris carruthers.com or 403-870-5097