

Panel of Experts

Tiny Habits for Better Sleep

Presented by Tiny Habits® Academy

Tiny Habits for Better Sleep Experts



Host and Moderator
Andrea Spyros



Shabnam Das Kar



Ken Fong



Marta Rozgoni



You will:

- Learn the Tiny Habit Method
- Learn successful Tiny Habit recipes
- Feel more empowered
- Have access to more resources and support



Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



Dr. Shabnam Das Kar

Functional Medicine Doctor

Tiny Habits Certified Coach

Shabnam's 3 Tiny Habit Recipes

1

After I get into bed, **I will** put on my sleep mask.

2

After I turn on the dishwasher, **I will** take my magnesium supplement.

3

After I start the kettle in the morning, **I will** fill in my sleep diary.



Ken Fong

Functional Medicine Health
Coach-in-Training

Tiny Habits Certified Coach

Ken's 3 Tiny Habit Recipes

1

After I reach the front door of my office, **I will** sit in the sun.

2

After I dry my hands after dinner, **I will** put on my blue light glasses.

3

After I put on my pajamas, **I will** set my phone to charge outside my room.



Marta Rozgoni

Behavior Designer

Tiny Habits Certified Coach

Marta's 3 Tiny Habit Recipes

1

After I open my eyes in the morning, **I will** open my blinds and look outside.

2

After I close my computer after work, **I will** review tomorrow's schedule.

3

After I get into bed at night, **I will** open my breathwork app.



Go to TinyHabitsAcademy.com:

- Find a coach
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach