

Welcome to the Art of Purpose podcast, a show where we explore the joys and challenges of living a fulfilling life. I'm your host, Gayla. I'm an Alaskan, an artist, and an encourager. I'll be sharing my own personal stories and practical advice, bringing you inspiration, motivation and support as you practice the art of purpose.

Hey, Welcome to another purposeful pause. I'm really happy that you've decided to take a few moments for yourself and to join me. I have a story that I was going to share today around some sleep issues that I've been having recently, and I know that sleep is a can be a big thing for a lot of people, especially as we get older.

I used to, as a younger woman, sleep sound and, you know, eight, nine, 10 hours sometimes and in the last couple of years that things have changed and it's not quite the case. And then you add different scenarios and stresses in life events and things like that that come in and that can really affect things. So one of the things that I was around that is I wanted to share is that I, if this is familiar with you to you, that waking up in the middle of the night and there's something about that night brain that catches on to any random thought or these stressful situations that we've got going on in our lives and it just does not want to let go. It will two and two and come at it from all different angles. And that just can be a little bit of a little bit more of a crazy making scenario. So because it just feeds on itself over and over and it's really challenging to break that cycle when you're in the middle of it.

And so I've been picking my book up and reading a little bit, see if I can shift in for a while there. That was working. And then I began to not that sneaky brain figured out how to work around all that. So looking at at this point to in the middle of the night is going, oh, seeing where we're attached to, oh my gosh, I'm going to be so tired in the morning, I'm going to have to do this or that or the next thing is going to be more challenging if I don't get this sleep and that right there.

Those thoughts are another piece that keep us from actually relaxing and being able to switch into our sleep mode. So that plays are really looking at where we're attached to the sleep and why and being able to get to a place where we can get to stop this insanity loop that's going on, that's going over and over the same stuff that's never changing.

It's the definition of insanity, of doing the same thing over and over again and expecting different results. So looking at that, what could we be doing? What could I be doing differently around these sleep habits that are starting to develop well, paying attention to them first off and seeing, okay, there is this habit forming or this is this the direction that this is going?

And at this point, let's pay attention to what, Kayla, what's going on with your bedtime routine? Routine. You know, perhaps there's been some suggestions of I know there's some people that take showers at night, you know, and that makes a lot of sense, really, to wash the day off and reset, cleans it, clear the energy and reset for getting ready for bed and taking a few moments to sit down and write out any ruminating thoughts that from the day that are wanting to hang on and stick around, taking a few more moments of really setting into some gratitude and grounding oneself back into ourselves and back into myself, asking my higher self, my God, you

know, God source, whatever speaks to you, whatever that connection is for you. But to help with letting go and seeing if there's anything that and asking for, is there anything I need to know that you can share with me while I'm resting? And at some level there's that a peace of surrender in that moment. And if we do wake up in the middle of the night, another peace there is to what else can we be doing differently?

Instead of picking up that book or doing the habit of whatever it is that we lay there and just ruminate over, not sleeping is to, okay, perhaps get up, get up, get out of this. This idea that we're attached to sleep in this moment and go make a cup of tea, spend a couple moments just being in stillness, listening to the rain, reading the book outside of the bedroom, you know, mixing it up, seeing what works.

This is about being explore, exploring and being curious and seeing what works and playing around with it. Basically getting out of doing the same thing, expecting something different to happen. So another piece is when you go back to bed or maybe you fall asleep on the couch, you know, and have that be okay. And I'm working on my beliefs around that too, because it's like, well, I don't want to sleep on the couch.

Well, you know, at some point when you sleep, you take what you can get. And looking at why is that such a big deal to not be sleeping in the bed. So just paying attention to all these beliefs and thoughts that are going on and remembering so that when we do get back into bed is that we can also continue this quietness in that meditation space, doing some body scans, bringing ourselves back into the now feeling our weight on the bed, how the bed is supporting us, feel the sheets, the air on our skin and being in that space of coming back into our bodies, into this moment right now and remembering there are no magic pills. So paying attention to ourselves and what is going on and asking the questions and putting the attention on how we can be looking at or doing something differently. So congratulations if sleeping is not an issue for you. However, if ever it is, you can come and revisit this episode and at any rate, for all of us just looking at where we do have attachments.

So I would ask that you, if you'd like, explore this, explore where you can see some of these attachments, especially if you have some sleep issues. What is going on with your thoughts and what is keeping you from sleeping and doing something different to help yourself out? So with that being said, I wish you the best and most restful sleep tonight.

So I would like to close with wishing you the best and a very restful sleep whenever and however it comes to you. It's whatever is happening in that moment and embrace it and pay attention to whatever messages it's telling you. Thank you so much for joining me. I really appreciate you taking a moment here and spending another purposeful pause with me, another self-care moment.

So thank you. And pat yourself on the back for doing something nice for yourself and all the other things that you are doing for yourself. Acknowledge them and I will see you again here next week. Thank you. Thank you for listening to the Art of Purpose podcast. I hope you found today's episode insightful and inspiring. If you enjoyed our time together, please take a moment to rate and review this show on your favorite podcast platform.

Your feedback helps us reach more people and spread the message of personal growth and self-discovery. Also, be sure to subscribe so you never miss an episode. And for more daily inspiration, follow me on Instagram. My handle is at Gayla Designs. That's G-A-Y-L-A Designs. Or go to daily designs dot com and subscribe to my email list. Thank you for being a part of this community.

I look forward to sharing more insights and encouragement with you on the next episode of The Art of Purpose podcast.