RESTFUL SLEEP



A 12-SESSION 1:1 SLEEP PROGRAMME

The Rested *Body Method*

Sleep coaching with Maša Nobilo. First we fix the nights. Then we use them.

restfulsleep.eu

info@restfulsleep.eu

WHERE WE START

Your body knows *how to sleep.*

This is a physiological fact. Sleep is something the body does, has always done, and will do again once the things in the way are cleared. It isn't something you achieve through discipline and the perfect bedtime routine.

If you've spent months or years trying to fix your sleep from the outside in, with apps, supplements and sleep hygiene lists, you'll know how tiring that gets. What usually stands in the way is layered, and that's why single fixes don't hold.

THE LAYERS THAT KEEP YOU AWAKE

01

Behaviour

Habits that built up over time to cope with bad nights, and now quietly keep them going.

02

Nervous system

A body that has learned to stay alert, even when you're exhausted and lying in the dark.

03

Life

A daily rhythm that has drifted out of balance, leaving little room for rest or pleasure.

AND ON TOP OF ALL THAT

The fear of another bad night. Sleep anxiety is often more exhausting than the bad night itself, and it sits across every layer. The Rested Body Method works on all of them at once, because that's how they show up in a real life.

THE METHOD

Four phases. *Twelve sessions.*

Twelve weekly 60-minute sessions on video call. The structure is the container, and what happens inside it is always specific to you.

PHASE 1 · SESSIONS 1 TO 3

Behaviour and baseline

From trying to control sleep, to understanding it.

Before we begin, you keep a sleep diary for a week, to observe rather than optimise. Then we use CBT-I, the most evidence-based approach to insomnia: sleep efficiency, stimulus control, and taking apart the compensating habits that have piled up.

PHASE 2 · SESSIONS 4 TO 6

Body and nervous system

From managing sleep with the mind, to supporting it with the body.

Sleep needs a body that feels safe enough to let go. This phase brings in Feldenkrais, body awareness and breathwork. You start to notice what wired feels like, and what ease feels like when it arrives.

PHASE 3 · SESSIONS 7 TO 9

Life and alignment

From an isolated problem, to a signal from a whole life.

We look at what keeps your nervous system switched on after hours. Joy and pleasure count here as part of the work. Dreamwork is available as an optional extension if you're curious.

PHASE 4 · SESSIONS 10 TO 12

Integration and independence

From needing support to sleep, to trusting yourself.

Your personal sleep protocol is built, a written document based on your own patterns. Success doesn't mean never having a bad night. It means a bad night no longer sends you into a spiral.

IS THIS FOR YOU?

Who this is *made for.*

This is for you if...

+ You're self-employed or in a demanding professional role, and you know something needs to change.
+ You've moved past the basic sleep hygiene stage. You've tried the obvious things and they haven't worked.
+ Your sleep problems aren't medically caused, for example no sleep apnoea or clinical insomnia that needs medical management.
+ You're open to a whole-body approach that goes beyond talk therapy, prescriptions or biohacking.
+ You want more than better sleep. You want your energy and presence back.

Not quite yet if...

– You're looking for a quick fix or the next thing to try.
– You'd rather not look at your own patterns and choices.
– You need a clinician rather than a coach.
– You're in active trauma processing. Please work with a therapist for that, with my full support and a referral if useful.
– Your sleep is mainly disrupted by very young children waking you. That's a different problem with a different solution.

The Strategy Session at the start is how we both find out whether this is the right fit. If it isn't, I'll tell you clearly, and you'll still leave with a plan you can use.

FORMAT AND INVESTMENT

Everything you need *to stay independent.*

12 sessions

Plus the Strategy Session that starts it all.

Weekly, with flex

Usually 3 to 4 months in total, allowing for holidays and breaks.

60 minutes

Each session runs 1:1 on video call.

INCLUDED IN THE PROGRAMME

- **Sleep tracking**
  A week of observation before session one, so we start from your real patterns.
- **Email support**
  Questions between sessions don't have to wait a week.
- **Rest Snacks**
  Short Feldenkrais-based practices for the desk, the school run or the late afternoon slump.
- **All future courses**
  Lifetime access to anything I create from here on.
- **Session recordings**
  Every session recorded, so you can go back to anything we covered.
- **Personal sleep protocol**
  A written document built around your patterns, delivered at session 10.
- **Stress Less, Sleep Better**
  A longer course on the daytime conditions that make rest at night possible.

THE INVESTMENT

€1,950

for the full 12-session programme, payable in 3 instalments

Every client begins with a €150 Strategy Session. If you continue, that €150 is credited in full, so the remaining programme cost is €1,800.

START HERE

The Sleep *Strategy Session.*

A 60-minute 1:1 consultation built around one question: what is keeping you awake? It's the real work from the first minute, paid and focused, and yours to keep whether or not you continue.

Before

A short questionnaire, about 10 minutes, on your sleep, what you've tried, and what's happening in your life.

During

60 minutes on video call. I ask, listen and reflect back what I'm hearing.

After

Within 24 hours you receive your personal protocol: three immediate actions, one habit to stop, and one belief to let go of.

Book your Strategy Session · €150

your.restfulsleep.eu/method
Credited in full if you continue.

ABOUT MAŠA

I came to sleep work through my own insomnia, which got bad while I was working as an interpreter at the European Parliament. Somatic training is what brought my sleep back. Since 2017 I've helped around 400 people sleep better, and what I keep seeing is that sleep is rarely only about sleep. It's about the nervous system, and the life running in the background.

Training: CBT-I, Integrative Sleep Therapy (Rubin Naiman lineage), the Feldenkrais Method, Embodied Yoga Principles, and Lucid Dreaming Facilitator training with Charlie Morley.