

DEEP SLEEP



COACH

**How to sleep easily and naturally by 10:00 PM
and wake up by 5:00 AM without an alarm
so you can conquer your night,
your day and YOUR LIFE to become a
DEEP SLEEP WARRIOR**

WEBINAR WORKBOOK



IGNATIUS RAPHAEL



WELCOME



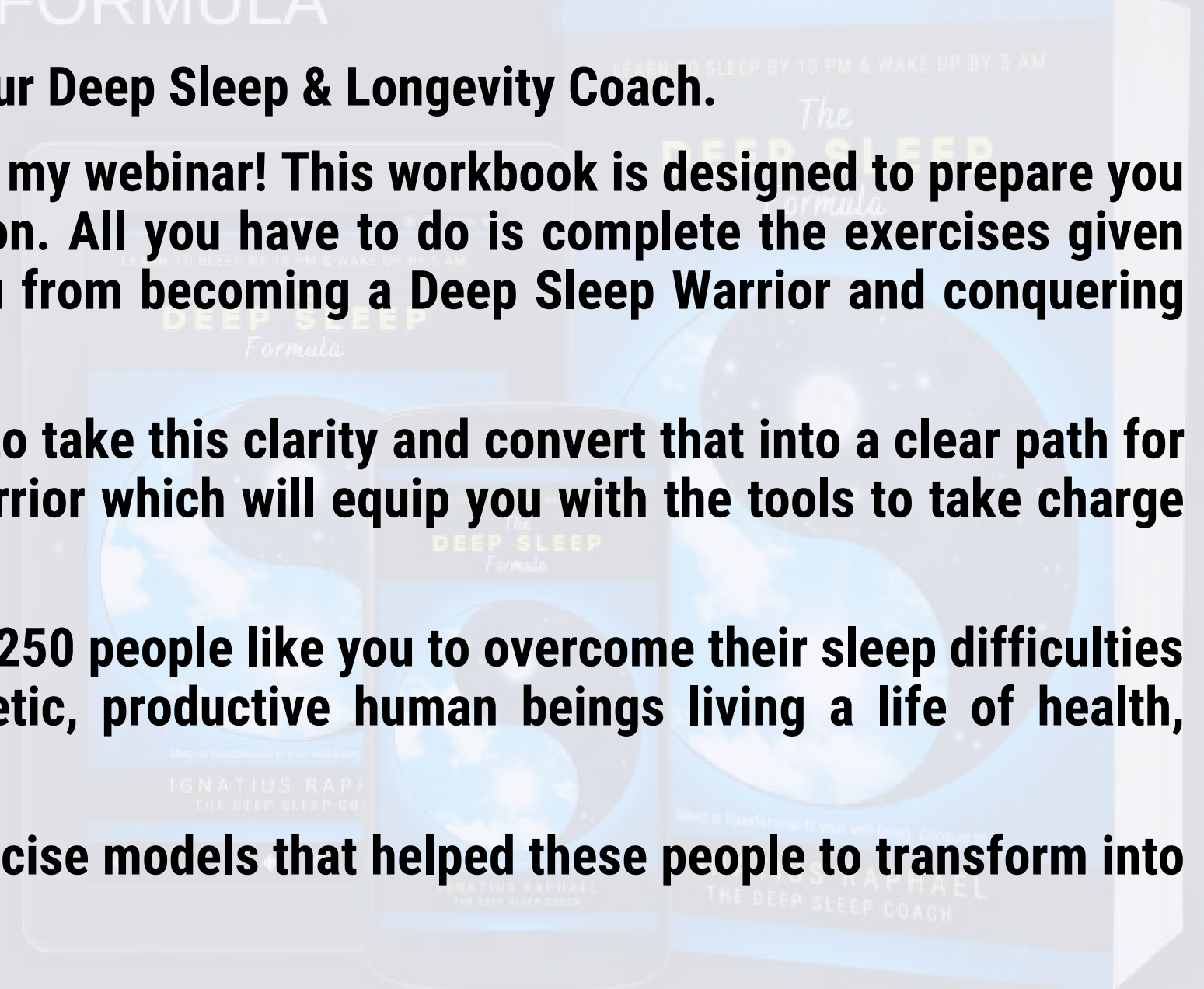
Good morning! I'm Ignatius Raphael, your Deep Sleep & Longevity Coach.

Congrats and thanks for registering for my webinar! This workbook is designed to prepare you before you come into the online session. All you have to do is complete the exercises given and be clear on what is preventing you from becoming a Deep Sleep Warrior and conquering your life.

In the webinar, I will demonstrate how to take this clarity and convert that into a clear path for you to transform into a Deep Sleep Warrior which will equip you with the tools to take charge of your night, day and LIFE.

In the last 2 years, I have helped over 2250 people like you to overcome their sleep difficulties and transform themselves into energetic, productive human beings living a life of health, wealth and happiness.

In this webinar, I will be sharing the precise models that helped these people to transform into Deep Sleep Warriors.



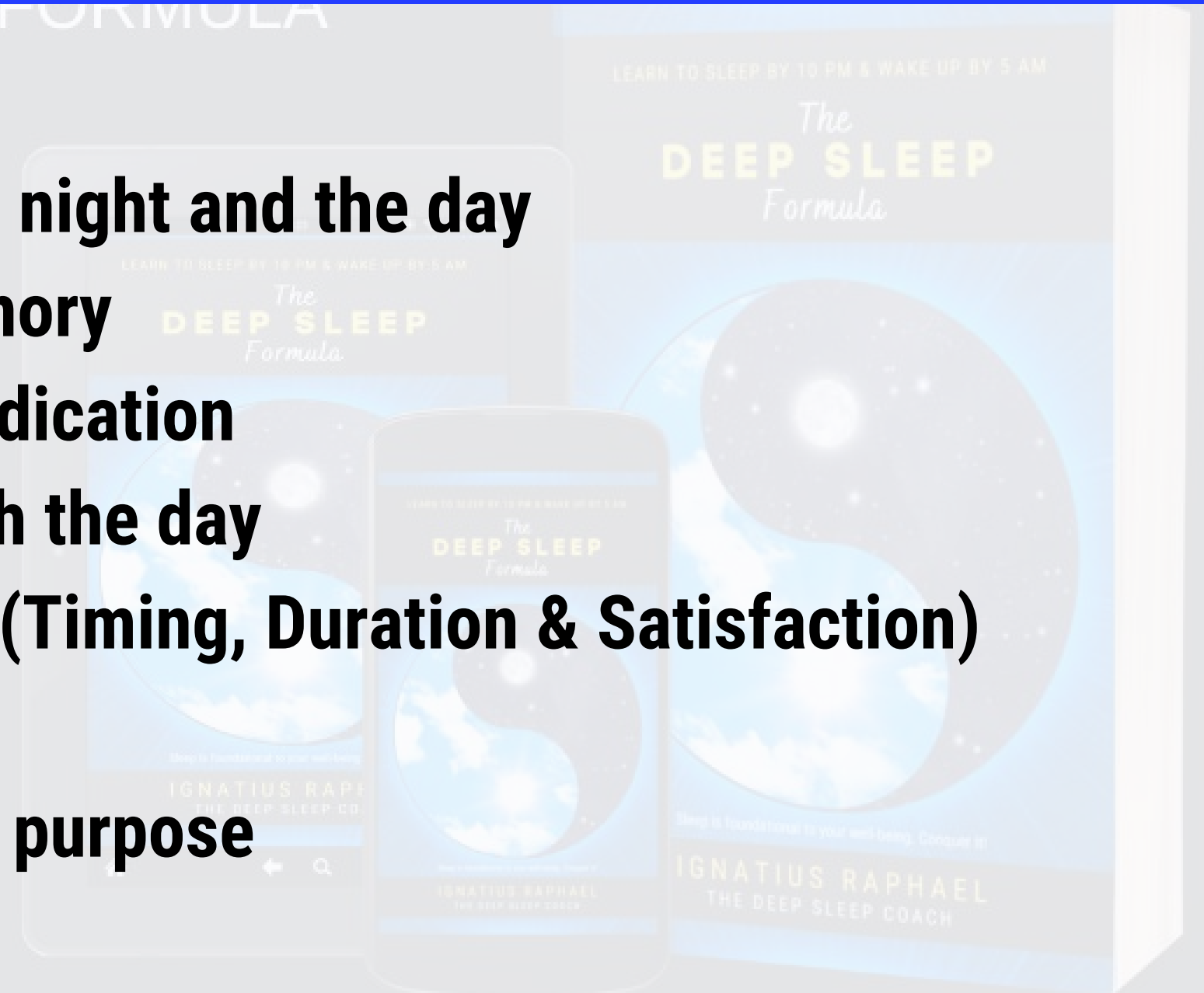
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WHAT IS A DEEP SLEEP WARRIOR?



- 1. Ability to take charge of the night and the day**
- 2. Clear mind with a good memory**
- 3. Excellent health without medication**
- 4. Energetic and active through the day**
- 5. Gets the right TDS of Sleep (Timing, Duration & Satisfaction)**
- 6. Productive and fulfilled life**
- 7. Long-life and living a life of purpose**



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STEP 1 - FIND YOUR SLEEP TIMING (T)



Before 9:00 PM

A

Bet 9 - 11 PM

B

After 11:00 PM

C

Sleep Timing means the time you go to bed. Pick one of the above

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STEP 2 - FIND YOUR SLEEP DURATION (D)



Less than 7 hrs

A

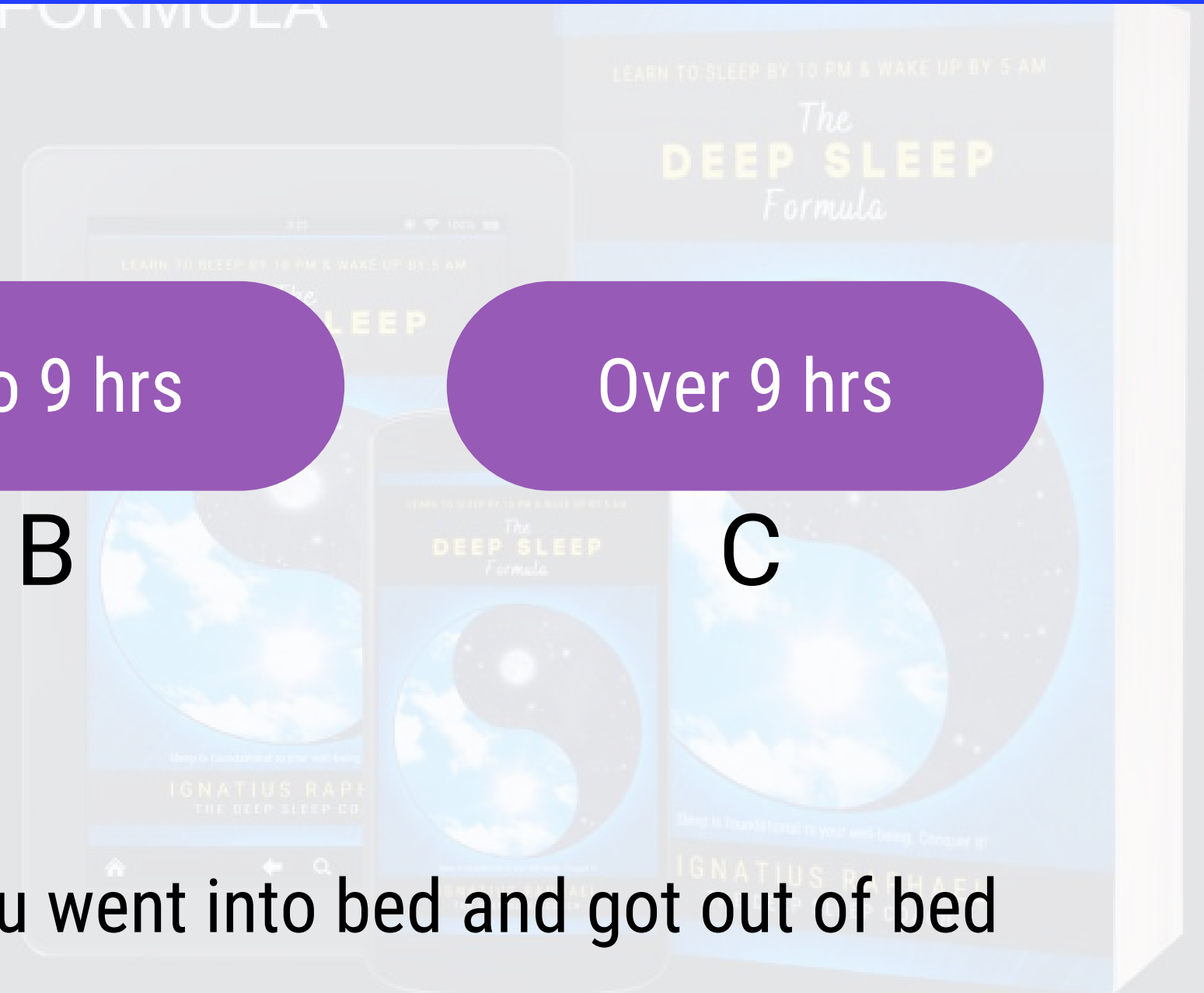
7 to 9 hrs

B

Over 9 hrs

C

Sleep Duration is from when you went into bed and got out of bed



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STEP 3 - FIND YOUR SLEEP SATISFACTION (S)



SLIGHTLY
SATISFIED

A

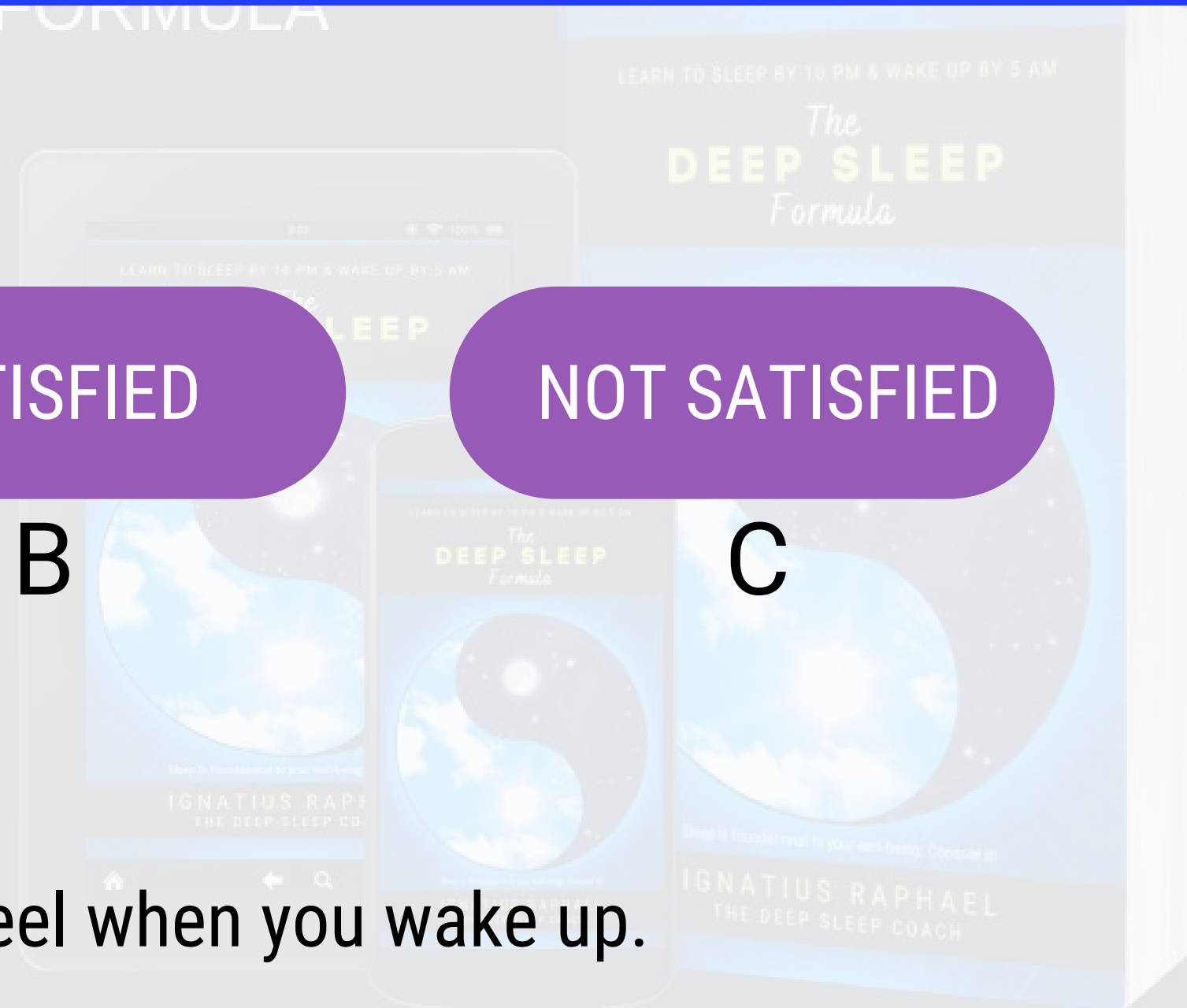
SATISFIED

B

NOT SATISFIED

C

Sleep Satisfaction is how you feel when you wake up.



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STEP 4 - FIND YOUR SLEEP LATENCY (L)



10 mins

A

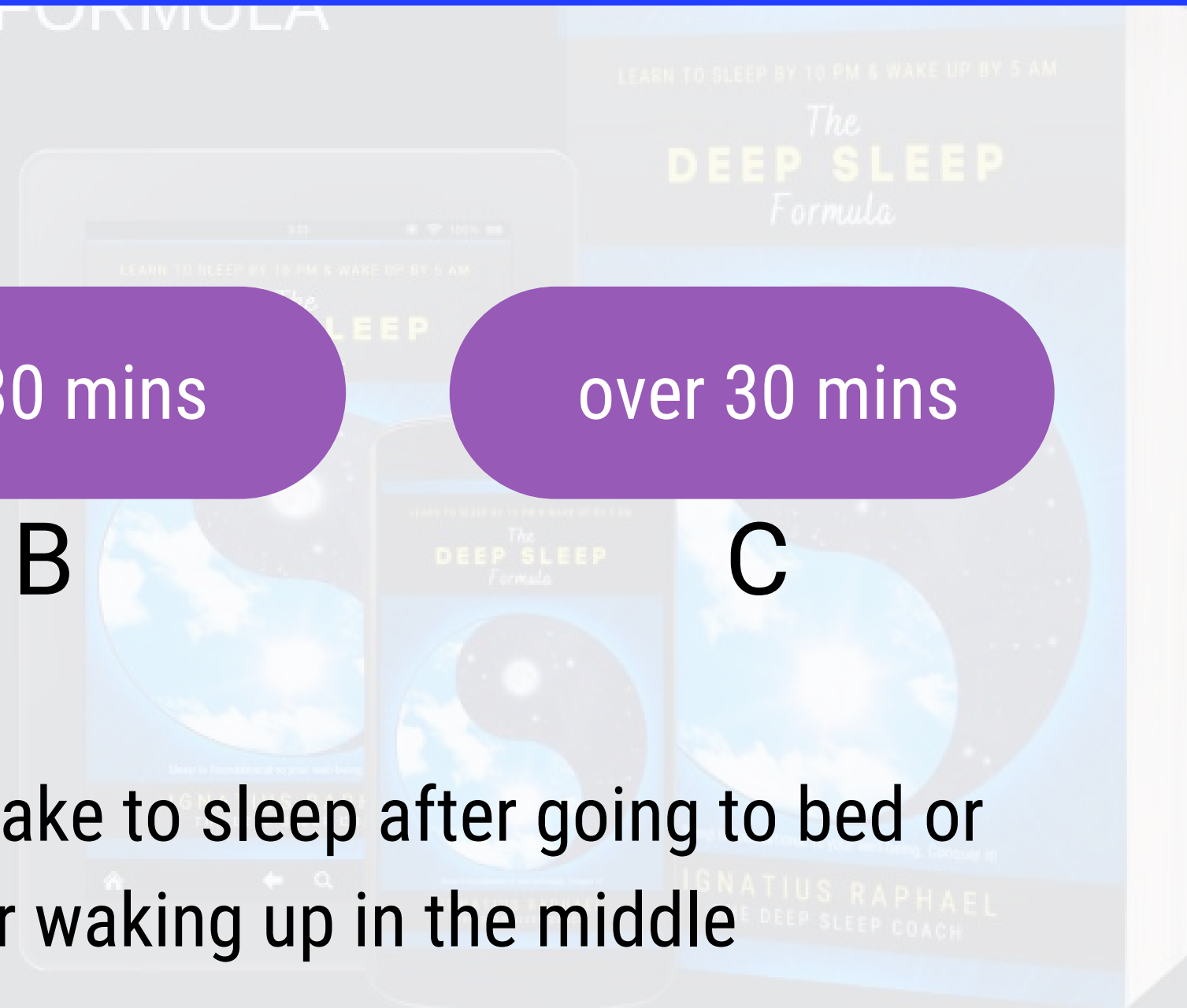
10-30 mins

B

over 30 mins

C

Sleep Latency is how long you take to sleep after going to bed or how long you take to sleep after waking up in the middle



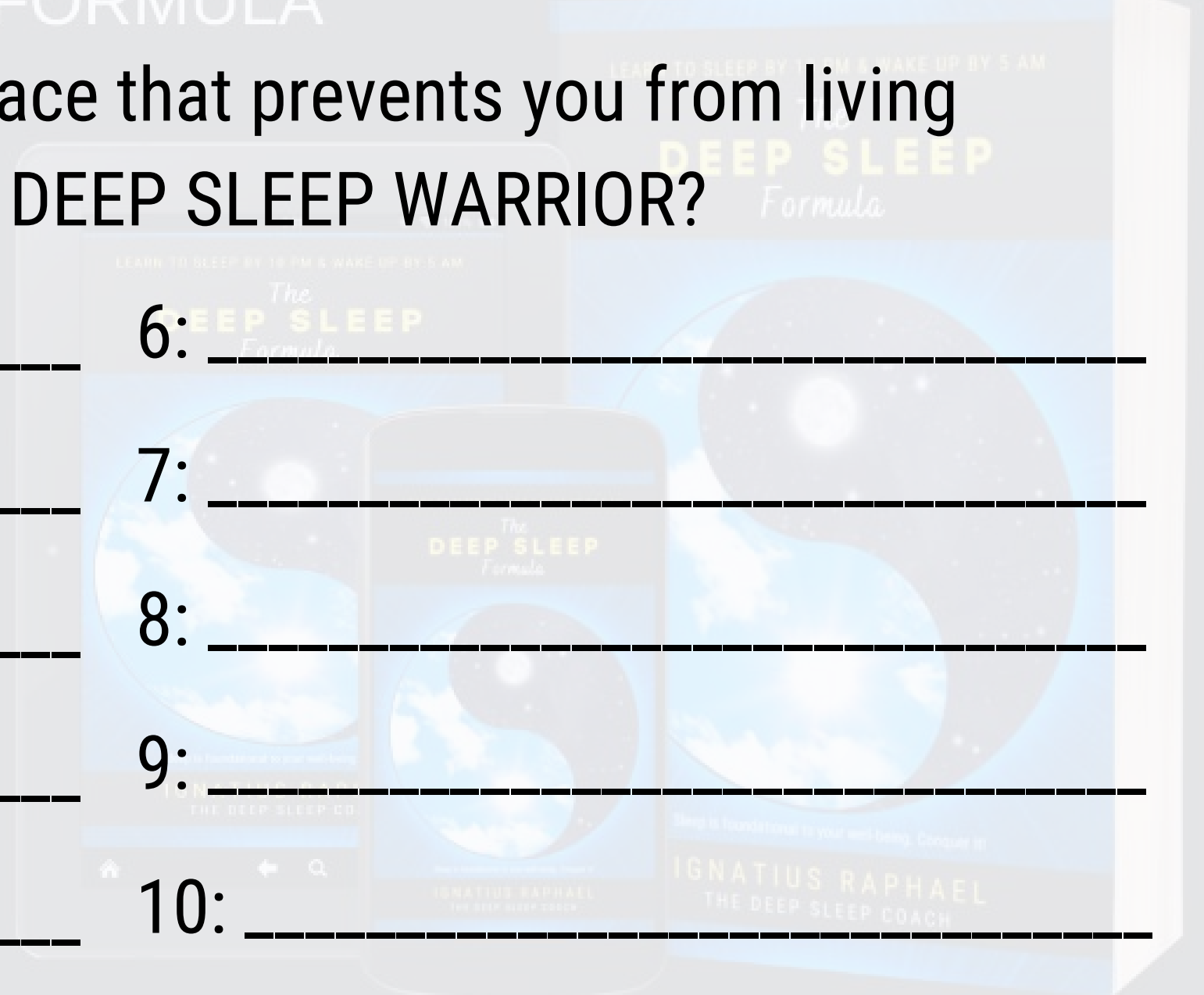


STEP 5 - LIST THE TOP 10 CHALLENGES



List the top 10 challenges you face that prevents you from living your life at 100% and become a DEEP SLEEP WARRIOR?

1: _____	6: _____
2: _____	7: _____
3: _____	8: _____
4: _____	9: _____
5: _____	10: _____



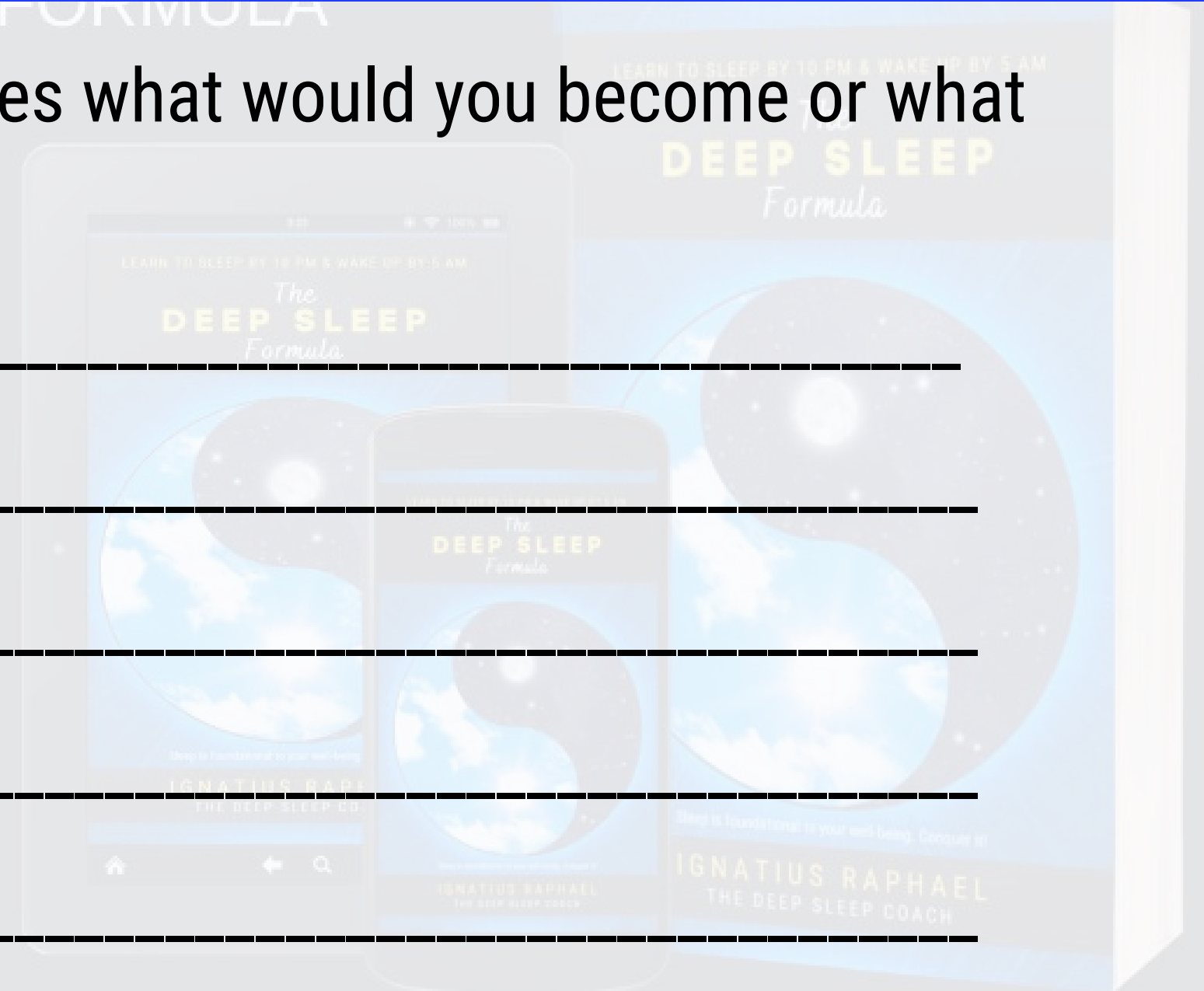


STEP 6 - FIND YOUR REASONS



If you overcome these challenges what would you become or what would your life look like

- 1: _____
- 2: _____
- 3: _____
- 4: _____
- 5: _____



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STEP 7 - CREATE YOUR INTENTION



Choose one from the previous list and put it down here in an intention statement

I am becoming a DEEP SLEEP WARRIOR so that I can

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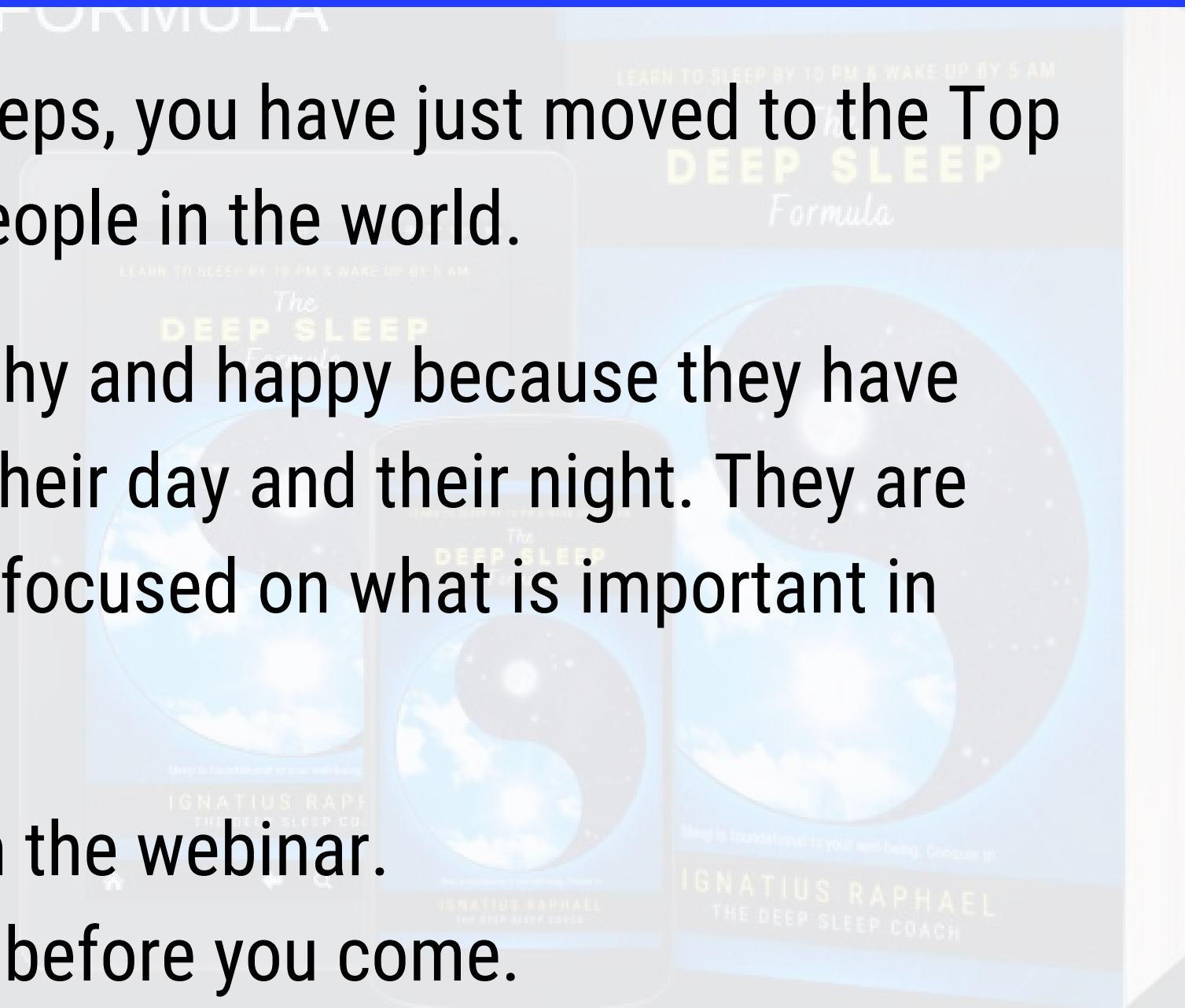
CONGRATULATIONS!!!



If you have completed all the steps, you have just moved to the Top 5% of healthy and productive people in the world.

These people are healthy, wealthy and happy because they have learned how to take control of their day and their night. They are life-long learners who are laser focused on what is important in their life and go after it.

I look forward to meeting you in the webinar.
Please read all the instructions before you come.



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IMPORTANT INSTRUCTIONS



1. I'll be starting the webinar SHARP at the specified time. Please be ready 10 minutes before the session.
2. Please have a notepad and pen ready to take notes, as I will be sharing some powerful information.
3. Sit in a quiet place without any distractions.
4. Best will be to login using your laptop for a good experience.
5. Note down your questions during the webinar. I will be answering questions LIVE towards the end of the session.
6. Have a positive mindset. Believe that you can do this

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Deep Sleep & Longevity Coach

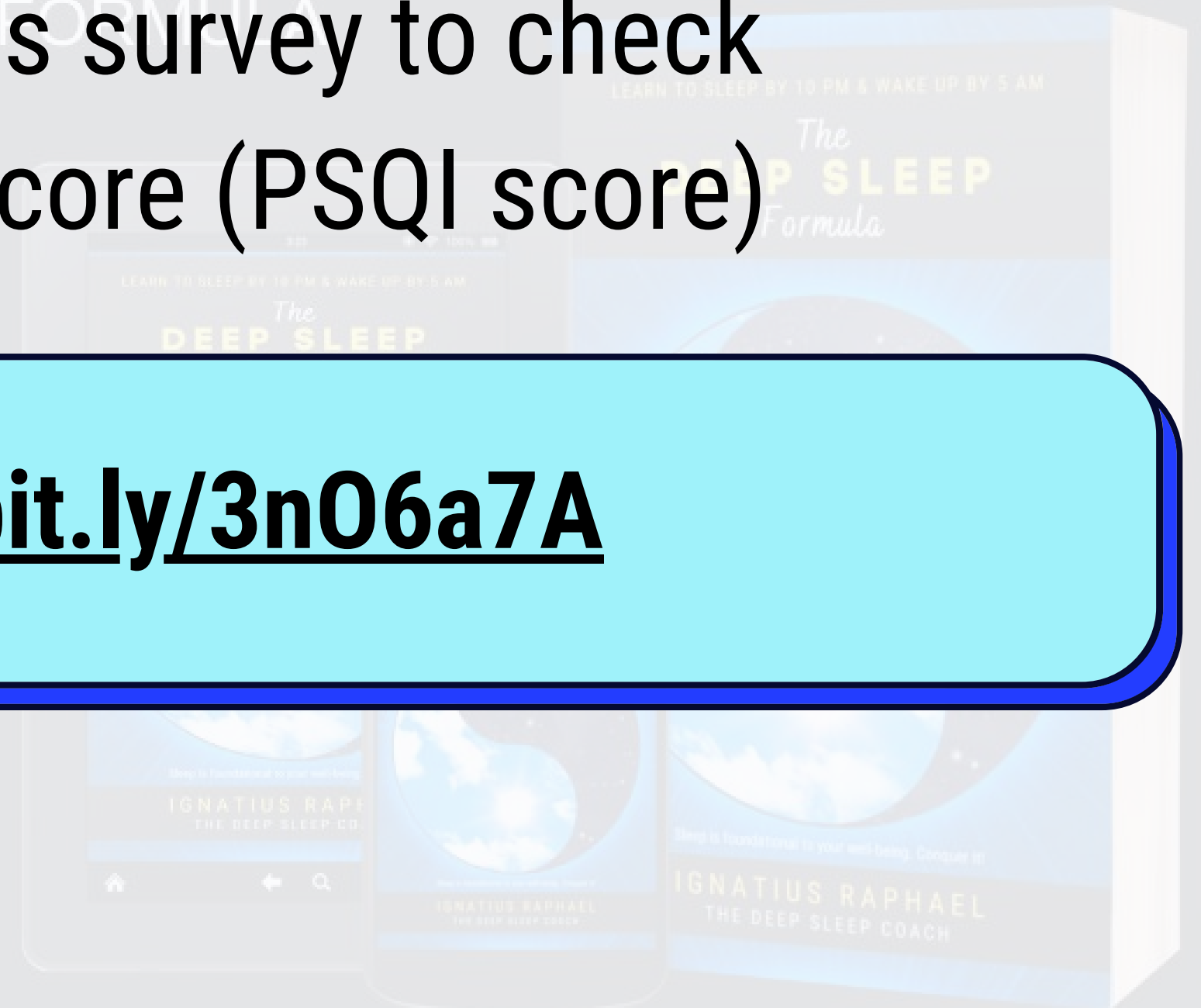


Author of:

THE DEEP SLEEP FORMULA
**Complete this survey to check
your sleep score (PSQI score)**



<https://bit.ly/3n06a7A>



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Deep Sleep & Longevity Coach

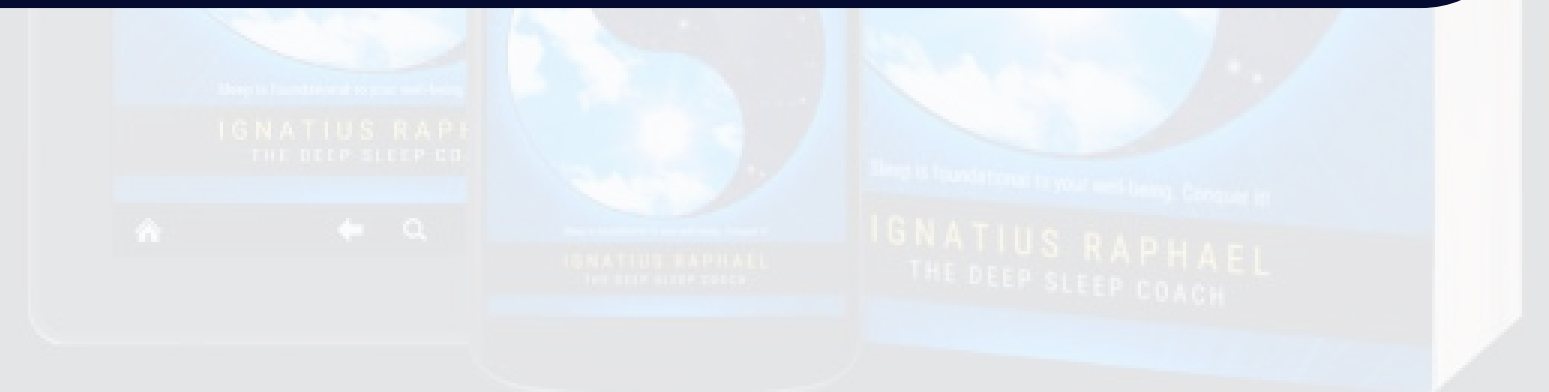


Author of:

**Complete this short survey to check whether
you are a morning or evening person**



<https://bit.ly/3c1bke7>

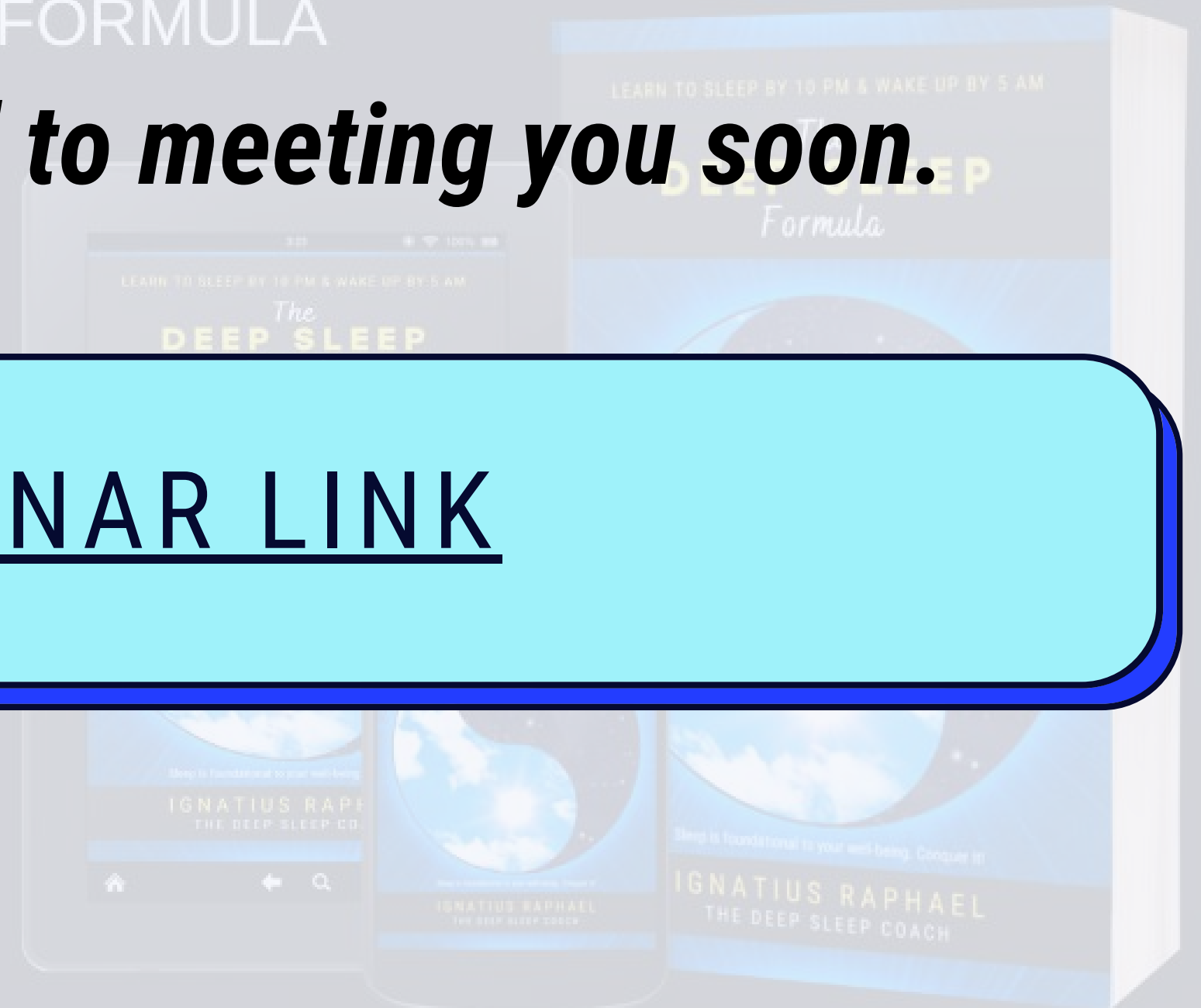


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Looking forward to meeting you soon.



WEBINAR LINK