

Workshop For Overtired, Under Loved Couples Puts New Spin On ‘Sleeping Together’

Sleep guru to the spas, Robert de Stefano, brings blissful relief to frustrated, sleep deprived partners in his workshop “How to Create A Sleep Sanctuary for Lovers & Others”.

For many couples mired in long workdays and hectic schedules, the time spent in bed sleeping together may represent the bulk of the time that they actually spend together. “Cozying up to your partner (and approximately 70% of Americans have a bed partner) from bedtime to the dawn of a new day is a major pillar in any relationship” says former insomniac turned sleep aid pioneer and sleep skills teacher, Robert de Stefano. However, de Stefano adds, “When one partner’s sleep is out of sync, not in harmony with the other’s, the romantic, spiritual, energetic and practical glue of the relationship is compromised, opportunity for disconnect, resentment and worse is opened up.”

Research by the National Sleep Foundation supports de Stefano’s theory, finding that once disturbed by a partner’s sleep problems, the other partner experiences an average loss of 49 minutes of sleep a night or 300 hours a year. In the same study more than 25 percent of adults polled said that they have sex less often or have lost total interest in it because they are too sleepy. In another study conducted by Psychology Today Magazine, more than 70% of women polled said that they would choose a good night’s sleep over sex.

In “How to Create a Sleep Sanctuary For Lovers & Others”, de Stefano teaches couples how to successfully transition from the chaos of the day to a ‘state of synergistic sleep readiness’. They learn how to return back to each other every night by creating a private sleep sanctuary far removed from work, bills, even kids. “It’s tragic that the conversation has turned to the trend of separate master bedrooms” said deStefano. “After the demands of the day, leaving the world behind and entering a blissful, stress-free state of consciousness together is the best way for lovers to cultivate a night of sleeping together and/or ‘sleeping together’ he concluded.

Synopsis: The “How to Create a Sleep Sanctuary for Lovers and Others” Workshop

Featuring Robert de Stefano.

“When one partner’s sleep is out of sync, not in harmony with the other’s, the romantic, spiritual, energetic and practical glue of the relationship is compromised, opportunity for disconnect, resentment and worse is opened up.” During four sessions over three days, Robert de Stefano will immerse couples and those interested individuals representing the couple into an interactive practice of intention, know-how, and tools designed to teach partners the emotional, physical and spiritual path to creating a ‘state of synergistic sleep readiness’ for better sleep – together.

- Introduction: “Sixth grade science and something that you did not know about massage”
- Session Two: “Zen & The Art of Better Sleep™”
- Session Three: “Ending the Sleep-Negative Narrative”
- Session Four: “The Sweet, Sleep Seduction™”