

Sleep Mastery Series:

“Sleep to the power of 2” Simple skills for couples to redefine bedtime as they rediscover the bliss and benefits of deep sleep.”

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 and 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 “Sleep to the Power of 2”, 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.

Sleep Mastery Series/Couples: “Sleep to the Power of 2” - Workshop Synopsis:

In three sessions over two days, Robert 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.

Session One: “There is a sleep switch, you can find it, and you can turn it on.”

Session Two: “Partnering the Bedtime Sleep Ritual”

Session Three: “Review & the art of securing a sleep sanctuary in your home”

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