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“ Captivating all along! I loved the balance between scientific information and personal stories. I found it especially fascinating to read about the impact of hormones and food intake on our sleep. ”

**RENEE C LEBOEUF**, PhD, Emeritus Research Professor of Medicine, University of Washington

## Finally! The secret to getting a good night's sleep!

A few years ago, author, speaker, and certified health/wellness coach Stella Loichot was counting calories, working out 13 hours a week and competing in triathlons - all while juggling school, a career, and three children. Starving herself, yet gaining weight while constantly wrestling with sleep disorders, she had no idea what she was doing wrong.

When typical advice failed to do the trick, Loichot had to rethink the very concept of a good night's rest. Through her own experience, research, and by tapping into her French background, she uncovered the secrets to deep and restorative sleep. With this motivational self-help guide, she takes you along the same personal transformation journey, in a lot less time.

### In this book, you will learn how to:

- Fix your sleep and beat insomnia for good without wasting time and money on "solutions" that don't last (Hint: Melatonin is not a miracle pill!);
- Wake up refreshed and motivated every day;
- Optimize your sleep to boost metabolism, lose weight, and improve performance;
- Reduce the risk for chronic health conditions, diseases, and physical ailments such as Type 2 Diabetes, Alzheimer's, and heart disease;
- Most importantly, get out of survival mode to finally thrive and enjoy life's pleasures.



### FULL BOOK TITLE

*Sleep It Off: A Revolutionary Guide to Losing Weight, Beating Diabetes, And Feeling Your Best Through Optimal Rest*

### AUDIENCE

- Tired adults battling with insomnia and other sleep disorders.
- Busy adults struggling with type 2 diabetes, prediabetes, weight management, or lack of physical fitness.
- Health professionals and holistic practitioners wanting a proven process to guide their patients to better sleep and health.

### SPEAKING/ARTICLE TOPICS

- 5 secrets to reaching deep and restorative sleep every night at any age.
- Hidden powers of sleep: how sleep affects weight loss, metabolism, and performance.
- Nuggets from the French that can help you improve your sleep and your overall wellbeing, no matter where you live.
- 7 habits most adults need to change if they want to optimize their sleep for better health and performance.

### INTERVIEW QUESTIONS

- What are the most important changes to consider if someone battles with insomnia?
- What is the #1 obstacle to sleeping well in modern society and how can we overcome it?
- Lots of adults catch up on sleep during the weekend. Why is it a bad idea and what to do instead?
- How does lack of good sleep impact our weight, blood sugar, and physical performance?
- How does your French background influence your approach to health and wellness?



Born and raised in France, Stella Loichot discovered the power of healthy living long before moving to Seattle, where she now thrives with her husband and three daughters. Certified by the National Board for Health and Wellness Coaching (NBHWC), she uses a holistic approach and behavioral change process to help clients all over the world who want to improve their personal health and well-being, reach their weight loss goals, and reverse prediabetes naturally, without giving up the foods they love.