

MINDFULNESS-BASED
SLEEP AID PROGRAMME

2023



豊かな生活正念舎

讓正念融入生活

A person is performing a yoga pose on a rock ledge in a mountainous landscape. The person is standing on a narrow rock ledge, balancing on one leg with the other leg raised and bent at the knee. Their arms are raised and hands are clasped together above their head. The background shows a vast mountain range with rocky peaks and green vegetation. The sky is clear and blue.

Programme Overview

With the deepening of research on diet and health in recent years, we are increasingly our awareness on the importance of diet and healthy living for our physical and mental well-being. In addition to relying on medication for treatment, experts have discovered in recent years that improving health through lifestyle changes can provide long-term solutions to health problems and enhance individual physical and mental health, while avoiding the burden and side effects that medication can bring to the body.

Using mindfulness as a foundation for changing lifestyle habits can be more effective in strengthening and accelerating our understanding of problems and finding ways to improve them.

The meaning of mindfulness is to wholeheartedly focus and concentrate on the present moment, without taking a stance or judging the things that are happening, including the sensations in our body, emotions in our mind, and changes in our surroundings.

Mindfulness can help individuals learn to pay attention to their current bodily sensations and emotional states, and then adjust their lifestyle and habits accordingly to improve the impact of diet, exercise, and sleep on their body, in order to better maintain physical and mental health.

Urban life is stressful and there is a serious problem with insomnia or poor sleep quality. Research shows that in Hong Kong alone, an estimated 2.2 million people suffer from sleep problems. Every one's sleep problems are different, and the causes vary depending on our different backgrounds, experiences, and habits. The unique aspect of this course is that it can provide students with a deep understanding of the causes of each person's problem, and then prescribe the appropriate treatment, to find the best channels and methods for solving their own problems.

Half of the respondents stated their overall mental health status is “Poor”

Approximately 56% (55.6%) of the respondents scored below 52 out of 100 in the World Health Organization's five-point mental health scale (WHO-5), indicating that their overall mental health status is "poor"¹ ◦

97%

of respondents reported feeling mentally & physically exhausted¹

87%

of respondents reported feeling overwhelmed by stress¹

47%

of respondents reported sleep disturbances due to stress¹

Self-medicating with drugs carries significant risks and can lead to worsening mental health and dependency with long-term use.

45.5%

of respondents reported self-medication to improve their sleep problems.²

Near **60.0%**

of respondents sought help from a doctor for insomnia problems.²

26.8%

of respondents relied on alcohol to help them fall asleep.²

Self-medicating with drugs carries significant risks and can lead to worsening mental health and dependency with long-term use.



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1. The Hong Kong-based company, CIGNA, conducted a survey in 2022, interviewing 1,000 Hong Kong residents.
2. The Caritas Institute of Higher Education's School of Social Sciences, in collaboration with Caritas Youth and Community Service, conducted a study during the period of 2021 to 2022 to analyse the sleep disorders, impacts, mental health conditions, causes, and treatment methods of long-term insomniacs.

Programme Objectives

- Learn the basic concepts of mindfulness, including the principles, background, and the role of mindfulness in sleep improvement.
- From the perspective of mindfulness and lifestyle medicine, deeply understand the causes of each individual's problems from the physical, mental, and spiritual aspects. This includes identifying the sources of stress that affect health, and then finding the best treatment channels and methods to address them.
- Balance the physical, mental, and spiritual aspects and stimulate the body's "self-healing power" to achieve long-term health.
- Design personalised plans to develop behaviour change plans for oneself and to guide clients and patients, starting a happy journey of practical application and maintaining healthy habits for life.



4 Classes

3 Hours per Class



In-person Format

(attendance of 80% or above
is required to receive the mindfulness
sleep assistance certificate)



**Professional Instructors
& Guest Speakers**

Target Audience

The programme is designed for individuals who want to improve their sleep quality and health, especially those who have awareness of health and are professionals in the health industry. In addition to some traditional theories, the programme helps oneself and students understand how daily diet, thinking, and lifestyle changes can be used to maintain and improve health from a mindfulness perspective.



Anyone who wants to improve their sleep quality

Having any of the following conditions for one month or more:

- 1/ Difficulty falling asleep | unable to fall asleep even after lying in bed for more than 20 minutes
- 2/ Difficulty staying asleep | waking up during the night after falling asleep
- 3/ Early waking | waking up one hour before the alarm goes off in the morning
- 4/ Feeling not refreshed after a night's sleep
- 5/ Daytime fatigue or drowsiness



Clinical healthcare professionals

seeking a deeper understanding of the relationship between the mindfulness lifestyle and health and sleep. They may have traditional professional knowledge and theories but would like to guide patients through another approach.

- Western and traditional Chinese medicine doctors/nurses
- Physical therapists
- Psychologists and counsellors
- Nutritionists / dietitians
- Personal trainers / yoga instructors



Individuals with high levels of stress

- Those with high work or life pressure
- Those with tense muscles
- Those with a fast-paced lifestyle that is difficult to slow down
- Those who often feel tired



Health enthusiasts who are interested in maintaining or improving their health:

- Anyone who wants to live a happier, healthier, and longer life for themselves or others.
- Those interested in cooking, organic food, and vegetarianism.
 - Those who value self-care, nutrition, and health



Learn More

Programme Experience



Thoughtfully designed programme materials & supplementary resources



Interactive activities & discussions



Guest speakers



Sleep improvement & stress relief exercises



Singing Bowl Therapy



Yoga therapy



Each individual has three aspects: Body, Mind, and Spirit. We all have a "Self-healing Power," so we must balance all three aspects to achieve true health.

Joseph Tsang

Founder of Yutakana Seikatsu



Programme Content

The mindfulness sleep assistance programme covers the basic concepts, principles, background, and role of mindfulness in sleep improvement. It also includes various methods and exercises to identify the reasons for the variability in sleep quality across different levels. Students will be provided with various tools and approaches to improve sleep quality in the long run.

01 ■ Understanding Mindfulness Sleep Assistance

- Understanding the concepts, principles, and background of mindfulness and its application in daily life
- In-depth understanding of the relationship between mindfulness and sleep
- Setting goals to start the practice of mindfulness
- Analysing the impact of sleep on oneself in the physical, mental, and spiritual aspects through mindfulness practice
- Experiencing breathing techniques and Tibetan singing bowl sound therapy to improve sleep quality

02 ■ Identifying Factors Affecting Sleep Quality

- Understanding the common psychological difficulties people face regarding sleep from an expert's perspective
- Understanding how balancing seven chakras can improve sleep quality
- Identifying blind spots and analysing how lifestyle habits can be changed in the long run to improve health status
- Experiencing yoga therapy to improve sleep quality
- Mid-term review and adjustment of learning framework

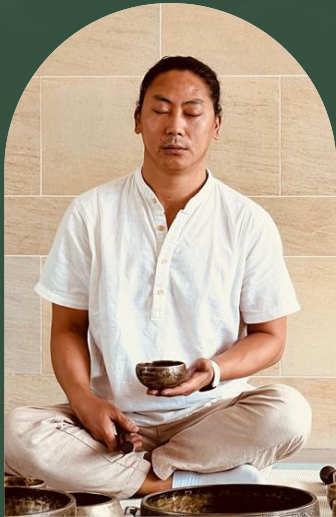
03 ■ Developing Long-Term Improvements

- Dietary habits, mindful eating, and habits that affect the body
- Creating an effective long-term sleep plan for oneself
- Experiencing mindfulness, meditation, and using Tibetan singing bowl sound therapy to further improve sleep quality
- Graduation Ceremony



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Programme Instructor



Master Tsering Ngodup Singing Bowl | Sound Therapy

Mr. Tsering Ngodup has over 20 years of experience in Tibetan singing bowl therapy. He started learning authentic Tibetan singing bowl from his family and masters from Nepal and India since he was young. He has a strong intuition for Tibetan singing bowl therapy and has accumulated extensive knowledge, skills, and techniques. He excels in combining Tibetan singing bowl therapy with mindfulness, meditation, yoga, and other self-healing practices to help improve sleep quality and relieve stress. He also holds seminars and workshops internationally and guides students and clients worldwide.

Venue

Capital Tower, 38 Wai Yip Street
Kowloon Bay



Yutakana Seikatsu Products

Made in Japan • Non-addictive • Non-medicated



Gut Cleanse X Fat Loss B3 Probiotic
Suggested Retail Price HK\$428

Learn More



Intestinal Fat Reduction

- Contains an upgraded version of Bifidobacterium B3, which helps reduce visceral fat and blood lipids.
- Contains precious Japanese-selected chicory fibre, which helps the healthy excretion of excess toxins from the intestines
- No need for exercise or dieting — clinically proven in Japan to be effective in significantly reducing body fat and increasing beneficial bacteria by 177 times within 8-12 weeks, while also increasing the production of short-chain fatty acids (SCFA).
- Prevents harmful bacteria growth, restores intestinal barrier function, and reduces damage caused by diet, alcohol, and stress to the intestines.

Anti-glycation & Brightening

- Extracts from mangosteen peel, a world-class ingredient for anti-wrinkle, anti-spot, and antioxidant benefits.
- Clinically tested in Japan to reduce the accumulation of AGEs (advanced glycation end products) by 30% within 8-12 weeks[^]

Revolutionarily added decomposing bacteria (bacillus subtilis and natto bacteria) and elastic herb compound with dietary fibre, scientifically proven to significantly increase skin moisture within 12 weeks[^]



Glycation Free X Skin Rebound
Suggested Retail Price HK\$428

Learn More



Detox & Sleep Aid

- Clinically tested in Japan to improve sleep quality within 7 days[#]
- Speeds up sleep onset by 35%[#]
- Prolongs deep sleep while reducing the frequency of mid-sleep awakenings



Natural Relax X Deep Sleep
Suggested Retail Price HK\$388

Learn More



* Biosci Microbiota Food Health.2018; 37(3): 67-75

[^] Mangosteen pericarp extract inhibits the formation of pentosidine and ameliorates skin elasticity Vol.57(2015).No.1 pp27-32

[#] Effect of an Apocynum Venetum Leaf Extract (VENETRON[®]) on Sleep Quality and Psychological Stress Improvement, vol.46, no.1,2018


Certificate

After completing this programme (attendance rate over 80%), participants will receive a Certificate of Yutakana Seikatsu Mindfulness Sleep Aid Course.



mind

About 豊かな生活正念舎 讓正念融入生活



Yutakana Seikatsu Mindfulness Academy is an academy under Yutakana Seikatsu that mainly promotes and holds mindfulness and healthy living courses. Based on mindfulness, Yutakana Seikatsu Mindfulness Academy provides students with various courses and contact, aiming to improve their physical, mental and spiritual health in the long run.

About 豊かな生活™ 豐盛生活 — 正念健康方案

Yutakana Seikatsu combines ancient health wisdom with modern natural medicine and technology to create the first lifestyle brand in Asia.

Yutakana Seikatsu is a healthy living brand that aims to promote the concept of "mindfulness" to the general public. Mindfulness refers to focusing on the present moment wholeheartedly, to feel what happened with an objective and non-judgmental attitude, including the feeling of one's own body, the feeling from the mind, and even the changes in the environment. There are three levels in all human being: Body, Mind, and Spirit. Everyone has their own "self-healing power", in order to have a healthy condition, all must strike a balance among the all 3 levels.

spirit



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Enquiry & Application


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