

GOOD NIGHT. SLEEP TIGHT.



CHERYL BRAUSE

CO-FOUNDER

PAUSE TO BE PRESENT

SCARSDALE, NY

WWW.PAUSETOBEPRESENT.COM

A leading expert on mindfulness in Westchester NY, Cheryl Brause has created and led hundreds of programs and taught mindfulness locally and nationally to thousands of adults, teens, and children in schools, businesses, and privately. Cheryl uses her decade of personal practice and training to write, speak, and teach about the transformative practice of mindfulness meditation.



Pause to be Present Meditation Studio & App

Feel like life is moving too fast? Want to learn how to slow down, relax, and quiet that busy mind? Pause offers both virtual and in-person classes led by expert teachers, and an amazing meditation app with LIVESTREAMED classes everyday, as well as an ON DEMAND library of meditations that are perfect for all levels, from beginners to experienced meditators!



LectoFan Sleep Sound Machine

This sleep sound machine uses state of the art technology to generate dynamic, realistic fan sounds, white noises, and ocean sounds to help block intrusive noises so you can relax, concentrate, and fall asleep easier.

Underline indicates clickable link



Oura Ring

From sleep to activity to monitoring your heart rate or overnight blood oxygen level, Oura unlocks insights to help you improve your health every day.

Chilipad

Say goodbye to night sweats with this mattress pad that uses circulating water to keep your bed at precise temperatures.

Let Me Sleep by Womaness

Goodnight, all-nighters! Meet this drug-free, non-habit-forming way to fall asleep, stay asleep, feel calm, and wake up rested.

Loop Earplugs

Loop Quiet earplugs are reusable and durable hearing protection, made from soft silicone. They reduce most noise and help you to get in your bubble.

Cozy Earth Bamboo Sheet Set

These sheets are not only the softest ever, but they're also made with moisture-wicking fabric that makes them breathable to sleep in. Made from premium 100 percent viscose from bamboo, you'll be able to sleep sweat-free.



doTerra Bedtime Kit

Block out light with the soft, cool comfort of a mulberry eye mask. Enjoy a unique combination of Lavender essential oil, L-Theanine, and tart cherry for relaxation with doTERRA Serenity Softgels. Create a tranquil atmosphere with the comforting, calming aroma of doTERRA Serenity Mist.

doTerra Oil Diffuser

doTERRA diffusers allow you to transform your space with your favorite essential oils. Use a high-quality essential oil diffuser in your home for refreshed air, odor elimination, and other aromatic benefits, ditching artificial fragrances and switching to aromas straight from nature.

doTerra Lavender Oil

The gentle, relaxing aroma of Lavender promotes a peaceful environment. Add it to bathwater for a soothing soak or apply it to your temples and the back of your neck. Add a few drops to pillows, bedding, or the bottoms of your feet to prepare for a restful night's sleep.



Lemon Balm Tea

Calms the nervous system and supports digestion.

Tulsi Sleep Tea

Relieves stress and promotes relaxation.

Chamomile Tea

Supports relaxation.