



Lana Walsh

**Sleep and Insomnia Expert
Lana Walsh Coaching
Lethbridge, Alberta**

Lana Walsh is a sleep and insomnia expert. For 30 years, she coped with daily exhaustion, where she would lie awake most nights frustrated that she couldn't sleep. She'd wake up so exhausted that she would have to convince herself to get up and live her life. During this time, she tried everything from pharmaceuticals to banana peel tea. Through dedicated research, Walsh finally found a specific process of behavior changes that completely transformed her life. Now, she is passionate about sharing how chronic tiredness doesn't have to be your daily struggle and how you too can wake up feeling rested so you can improve your performance, focus and well-being.