

[Email #1 – send on subscription confirmation]

Subj: Welcome To Your Free 7-Part Video Series! Let's Get You Started...

Hello [subscriber]!

This is [Presenter Name] RST/RPSGT, the creator of [Product Name].

I first want to take a second to say hello and welcome you aboard.

I want you to know that I'm truly excited that you decided to take advantage of this free video series. It can very well help you to start sleeping better, if you implement it of course!

I am confident that what you are going to learn over the coming days can change your life.

Especially when it comes to improving the quality and quantity of your sleep, while dramatically improving your health and reducing stress to boot.

Whether you are a busy professional, an overworked stay-at-home mom, a stressed-out college student or even a retiree, I am confident that you're going to benefit from this series!

Here's what you can expect from me over the coming days...

The video series will be sent to you over the next 7 days via email. Starting with today's Video #1, which is linked below.

Each installment will be followed up with a bit of a recap of what we've covered so far, and then I'll get you on to the next video's content the following day or so.

I think it's important that we pace you on this, because there's a lot to cover.

I want you to be able to absorb everything without being overwhelmed. There's a lot that you can take away from this series, and I want you to implement as much of it as possible.

And we both know that the only way you're going to do that is if you understand it, *right?*

Along with the video course and the PDF report, you will be getting other valuable tips, tricks, and even some case studies by some of my own patients/clients. The idea is to give you a glimpse of the many angles and ways that people have benefited from these strategies and tips to sleep better.

All I ask is that you take the time to watch the videos, digest the information, and give yourself some practical ideas on how you can implement them into your own life.

Sound like a plan?

Great! :)

So here's what you need to do to get started...

STEP 1:

First and foremost, please whitelist and prioritize all emails from [Product Name] and myself ([Presenter Name]).

This is really important. You are going to be receiving updates about new case studies, tips and a lot more information.

But here's the thing, if our emails aren't going to your inbox, you will miss these important updates and you won't receive the full benefit of what you came aboard with me to learn about. *We don't want that!*

So please take the following simple actions to ensure that you don't miss a thing:

1) Follow the whitelisting instructions for your email provider. This is usually available on the support section of their website.

2) If you're a Gmail user, or you use any other web-based email that filters broadcast emails away from your main inbox, be sure to "drag" any emails from us into your Priority Inbox. This will ensure that you don't miss any mails from me.

3) Optional but recommended: Create a special "[Product Name]" folder, where you can archive emails from us AFTER you have read them. This is also important, because I'm going to give you a lot of information and links that you may want to refer back to.

I always recommend that you don't set up filters to automatically direct our mails into these folders. Because again, you might miss something. Simply move them manually to your folder after you've read the email.

Then...

Take two-seconds right now and like our [\[Product Name\] Facebook page](#). This will be a key channel of communication outside of email updates, and it also ensures that you don't miss anything.

You can also [follow me on Twitter](#).

[\[list any other social channels/links here, LinkedIn, etc.\]](#)

Ok, so now that we've taken care of all that, let's get you started!

If you were not already directed to the first part of your video series after registering, just click below to watch that video right now:

[Watch Video #1!](#)

I sincerely hope you enjoy the series, and that it gets you closer to better sleep, and better health!

Talk soon,
[Presenter Name], RST/RPSGT
[site link]

P.S. I hope that you're prepared for the next few days, because you are going to get some life-changing information!

And if you ever have a question or need help on anything, just leave a comment on the video page, or hit reply to any email you get. I'll be glad to help!

All the best!
[Presenter Name]

[email #2]

subj: Time for Installment #2 Of Your Video Series! Are you ready?
subj: Have You Checked Out Video #1 Of Your Sleep Improvement Series Yet?
subj: Hope You Enjoyed Video #1 Of Your Training – Time To Check Out #2!
subj: Time For Video #2 Of Your Video Series – Watch It Now!

Hey there [subscriber], hope you're having a great day!

Just checking in to see if you've had a chance to watch the first video of the series that I emailed you about yesterday.

If you haven't watched it yet, here's what you need to do...

[Watch Video #1 Now!](#)

Seriously, let's get the process started!

In this video, we talk about how you can take control of your “electronic life” by simply implementing some rules about “electronic fasting”.

Believe it or not, this has become a major problem for a lot of people who are unable to *disconnect* from their phones, Ipads, computers and other technology. *No kidding!*

It should be a no-brainer thing to do. Yet unbelievably, most people don't even know where to start, and most importantly to do it consistently!

So if you've already watched Video #1, you're ready to take the next step in the video series to get you sleeping better. The next video covers the importance of establishing routines.

[Check out Video #2 now!](#)

Just make sure you watched Video #1 first!

Take a moment and get caught up on the videos right now... you can thank me later! :)

Have a great day!

[Presenter Name]
[site link]

P.S.,

Hope you're enjoying what you're seeing so far because there's a LOT more to come! :)

[email #3]

Subject: Recap of Video #2 – And The Next Installment!

Subject: The Way to Better Sleep Better - Time For Next Video!

Subject: Check Out Your Next Video Installment!

Subject: Time for Video #3 – Are You Ready?

Hi [subscriber],

I hope you're enjoying my Sleep Improvement video series thus far.

In Video #2, we covered the importance of establishing routines, and why they're so effective in helping you stay less stressed throughout and after your busy day.

By helping people implement the simple “bookends” method that I discuss in the video, this simple yet powerful concept proves itself *over and over again*.

If you haven't checked out Video #2 yet...

[Watch it now!](#)

Now, it's time for the next installment. This one touches on the concept of managing stress.

I will show you how I do it with some breathing exercises, and the simple steps to do them.

[Check out Video #3 now!](#)

Didn't watch Video #1 and #2 yet? [Click Now for those!](#)

Give these short videos the time that they deserve. Implement what you learn from them, and I can assure you of only one thing. You will benefit from them!

Check it out, and be sure to let me know what you think!

Talk soon,

[Presenter Name]

[site link]

P.S. Have you checked out my full program [\[Product Name\]](#) yet?

Definitely check it out if you're interested in finding a total solution to getting you sleeping better, and *for life!*

[email #4]

subj: Better Sleep Is Indeed Possible! [[Product Name]]

subj: A Sleep Improvement System That's Changing People's Lives

subj: Improve Your Sleep Without Medications! And The Next Video!

Subj: Time to Check Out [Product Name] - [VIDEO]

Hi [subscriber], hope you're having a great day!

By now, you should have watched the first three installments of my Sleeping Improvement video series.

And if you did, believe it or not, you've been exposed to the things that keep a large percentage of the developed world population unable to sleep properly at night.

Crazy huh?

If you haven't watched all three videos yet, well... what are you waiting for?

Let's get you caught up, [Watch Videos #1-3 now!](#)

If you watched all three, then you've also been given the opportunity to check out [Product Name]. This comprehensive, proven system delves even further into proven strategies, concepts and other information that will get you sleeping better – *guaranteed!*

This is a program that I designed from the ground up for virtually anyone who needs to sleep better.

We already know the countless benefits of better sleep, right?

So that makes improving your health with better sleep a *complete no-brainer*.

[Product Name] will transform not only the way you sleep, but the *way you live*.

It's that much of a *game-changer*.

I'm really proud of this program, which is the result of a lot of hard work and years of experience in the field.

So now let's get you on Video #4 of my series...

[Watch Video #4 Now!](#)

Then be sure check out [Product Name] and see what it can do for you. And be sure to check out the awesome testimonials!

[Check out \[Product Name\] Now!](#)

Look forward to hearing your feedback and comments!

Until next time!

[Presenter Name] RST/RPSGT
[site link]

P.S. If you come aboard with [Product Name], just remember. It's important that you let me know how you fare out with it. I want your input and case studies, so stay in touch!

Remember, there's absolutely no risk whatsoever on your part to try it!

[Email #5]

Subject: Recap of Video #4 – The Caffeine Curfew – And The Next Installment!

Subject: How To Sleep Better - Time For Your Next Video!

Subject: Check Out Your Next Video Installment!

Subject: Time for Video #5 – The Importance of Your Environment!

Hi [subscriber],

I sincerely hope you've been enjoying my Sleep Improvement video series so far. There's a lot more, so I hope you're on the right wavelength, and sticking with me!

In Video #4, we covered the importance of establishing a strict-but-practical caffeine curfew during the course of your day. As I say in the video, everyone has different tolerances for caffeine. Nonetheless, everyone also has a critical caffeine curfew.

I give you some tips on how to determine your curfew, and how to manage your day accordingly with it.

By getting serious and maintaining some discipline about your overall caffeine intake, you can dramatically improve the quality of your sleep.

If you haven't checked out Video #4 yet, [Watch it now!](#)

Now, it's time for the next installment! The importance of your environment, and why it matters so much when it comes to getting good, quality sleep.

[Check out Video #5 now!](#)

Keep up with these videos, and make sure that you take adequate notes and refer to the PDF guide I provide you with! This will ensure that you have good reference to fall back on if you need to be reminded of what you're learning thus far.

Be sure to leave a comment, and let me know what you think!

Talk soon,

[Presenter Name]
[site link]

P.S. Just remember, my full program [\[Product Name\]](#) takes everything you're learning via this video series to far greater detail, depth, and much more!

Find out more about it via any of the video series pages, as well as via the link under my name on this email. Definitely [check it out](#) to see if it works for you.

There's no risk whatsoever to try it!

[email #6]

subj: Time for Installment #6 Of The Video Series – Almost Done!

subj: Getting Close To The End – Time For Video #6 [\[\[Product Name\]\]](#)

subj: Hope You Enjoyed Video #5 – Time To Check Out #6!

subj: Just Two More Videos Left – Watch Video #6 Now!

Hey there [subscriber], hope you're having a great day!

I hope that you're keeping up with the series, and that you're ready to wrap it up.

Because after today's video, we're down to just one more!

So if you still need to watch #5...

[Watch Video #5 Now!](#)

In today's video, I want to cover the fundamentally important connections between sleep and exercise. It still never ceases to amaze me at how many people dismiss the importance of exercise when it comes to sleeping better.

I don't get it!

For me, it's just a logical connection. I'm hoping after this video, that it's clear to you too!

So if you've already watched Video #5, then you're ready to check out #6 of the series...

[Check out Video #6 now!](#)

Sincerely hope you're keeping up and managing to fit these short but powerful videos into your busy day. Just one more to go, we're in the homestretch! :)

Have a great day!

[Presenter Name]

[site link]

[email #7]

Subject: Recap of Video #6 – And The FINAL Installment!

Subject: The Video To the Series!

Subject: Check Out Your FINAL Video Installment!

Subject: Time for Video #7 – The Last Installment of The Sleeping Improvement Series!

Hi [subscriber],

I first want to take a moment to thank you for keeping up with this video series thus far.

I'm guessing that by now you're implementing some of what you've learned, and even seeing some benefits in your sleep and stress levels.

And if that's the case, good work!

And if not, keep focusing on implementing everything we're covering. If you do that, you too will see the results. I have more information and tips coming your way to ensure that you stay on track, so don't worry!

In Video #6, we covered the important connection between sleep and exercise.

It still amazes me to this day how many people fail to make this very critical and logical connection. Especially since both foster good health and well-being.

Anyway, if you haven't checked out Video #6 yet, [Watch it now!](#)

Now, it's time for the final installment... are you ready? (drum roll)

In Video #7, we're going to touch on dealing with the touchy subject of pets, mates, and the bedroom...

This may be a sore or even a touchy subject for some people, don't worry, I get it.

But trust me, this is an extremely necessary topic and one of the reasons I saved it for last!

[Check out Video #7 now!](#)

I hope that you're making a sincere effort to implement what you have picked up from these videos!

Do that, and I assure you, it will pay off in the way better, consistent sleep!

Remember to keep these mails handy so you can refer back to the various videos, if you ever need reinforcement or a refresher. These videos are there for you!

And there's more to come in the way of tips, hacks and case studies that may help you get better sleep. So keep watching out for my future mails!

Talk soon,

[Presenter Name] RST/RPSGT
[site link]

P.S. By now, you should have had a good chance to check out **[Product Name]**. I just want to invite you to consider taking it on to see if it gets you sleeping and living better. Especially since there's no risk whatsoever on your part!

Check it out now!