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yoga & wellness

Ayurveda. Yoga. Workshops. Retreats.

10 TIPS FOR BETTER SLEEP

1

LIGHTS OUT BY 10:30PM

Early to bed early to rise makes a wo/man healthy...Try to go to bed at the same time every night. Be in bed before the "second wind" sweeps you up.

2

SAY NIGHTY NIGHT TO ELECTRONICS 30 MINUTES BEFORE BED

The blue light emitted by your cell phone screen confuses the brain. Over-stimulation just before bed keeps the mind active. Try a book instead.

3

MASSAGE YOUR FEET AND SCALP

Use warmed coconut or sesame oil perhaps mixed with a drop or two of essential oils such as lavender.

4

SAVOR A WARM BEVERAGE

Warm the milk of your choice with turmeric, nutmeg and cardamom and sip one hour before bedtime. Or try chamomile tea, the classic herbal tea for releasing stress and calming nerves.

5

TRY SOME RESTORATIVE YOGA POSES

Seated, supported gentle forward bends with your head resting on a pillow and legs up the wall (or headboard).

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6

BREATHE

Bring your awareness to your breath. Take 5-10 (or 100) full deep breaths, allowing the exhale to be longer than the inhale.

7

MEDITATE AND BE GRATEFUL

Recall all that you are grateful for. Bring your awareness to your "third eye" and observe your breath go in and out.

8

YOUR BEDROOM IS YOUR SLEEP SANCTUARY

Block excess light and sound and sleep in a clean, calm, pleasurable environment.

9

AAAHHH, A WARM BATH

Try adding calming essential oils like lavender and cedarwood, dim the lights and use candles.

10

PLAY YOUR DAY IN REVERSE

When you get into bed, as if watching a movie in reverse, replay your day until the moment you woke up. You might be fast asleep before you make it to lunchtime.

Sweet dreams!