

Improve Your Sleep & Rest with yogaplustherapies.com

Poor sleep can seriously affect your health & delay your RECOVERY - Poor sleep alters hormones, brain function & worsens performance.

Research has shown some effective ways to IMPROVE your SLEEP & get more RESTFUL sleep:

1 Start with a consistent SLEEP SCHEDULE - get up & go to bed at a regular time.

2 Make your BED & BEDROOM COMFORTABLE - reduce noise, keep it dark including care with clock lights, have the temperature cool, use a comfortable pillow & mattress.

3 Make use of NATURAL LIGHT - get plenty of sun light in the morning & the day.

4 REDUCE LIGHT AT NIGHT - use soft lamps in the evening, be careful of bright screens, and especially try to reduce BLUE light in the evening.

5 Get enough PHYSICAL ACTIVITY during the day.

6 Introduce activities to HELP WIND YOU DOWN during the day - Meditation, Yoga, Tai Chi

7 AVOID stimulants later in the day ie caffeine.

8 AVOID eating too late or over eating at night,

9 Try a RELAXATION RITUAL before Bed (& avoid work close to sleep)

- 10 Slow Relaxed Breathing
- Relax from toes to head
- Practice a Simple Mindful Meditation
- Have relaxing bath or shower
- Play Calming music
- Read something relaxing

10 If something is WORRYING YOU - write it down then let it go for the night.

11 If you CAN'T SLEEP - get up and go to another room until you feel drowsy.

12 If you are in DISCOMFORT try supports, heat packs, cool packs, or check with doctor for pain medications.

13 Try RESTFUL Nutrition - some people find Magnesium Supplement or foods in the evening helpful, or relaxing HERBAL teas

14 Seek MEDICAL ADVICE if you have a serious sleep problem ie check for sleep apnea

