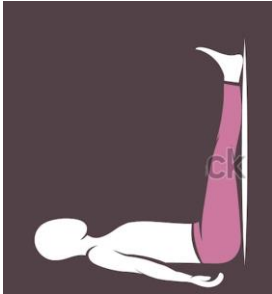


Yoga for Sleep

Yoga Poses That Will Improve Your Sleep.



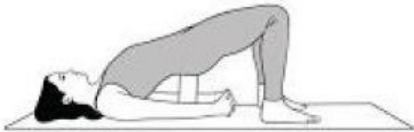
Legs Up The Wall

This pose reduces fluid in the legs and feet, relieves tired leg muscles, helps to regulate blood pressure and calms the nervous system.

Lie on the floor with your legs resting on the wall or on a chair, arms at your sides, palms up. Your sit bones do not need to be right against the wall. Bend your knees and press your feet into the wall to adjust your distance. Lie and release the base of your skull away from your neck and soften your throat. Keep your legs relatively firm to keep them in place. Soften gaze and look toward your heart. Stay in the pose for 5-15 minutes. Do not twist getting out of this pose. Push against the wall with your feet to move away from the wall.

Supported Bridge

This is considered a mild inversion pose because your heart is higher than your head. Health benefits include relief from stress, fatigue, anxiety, headaches, insomnia and mild depression.



Lie on your back with your knees bent and feet on the floor. Extend your arms along your body, palms flat. Press your feet and arms firmly into the floor. Exhale as you lift your hips toward the ceiling. Draw your tailbone toward your pubic bone, holding your buttocks off the floor. Place a block or bolster under your sacrum, the spot on your lower back directly above your tailbone. Allow your weight to rest on the block. Do not squeeze your glutes or flex your

buttocks. Roll your shoulders back and underneath your body. Clasp your hands and extend your arms along the floor beneath your pelvis. Straighten your arms as much as possible, pressing forearms into the mat. Reach your knuckles toward your heels. Keep your thighs and feet parallel. Do NOT roll to the outer edges of your feet or let your knees drop together. Press your weight evenly across all four corners of both feet. Lengthen your tailbone toward the backs of your knees. Hold for up to one minute.

Reclining Bound Angle

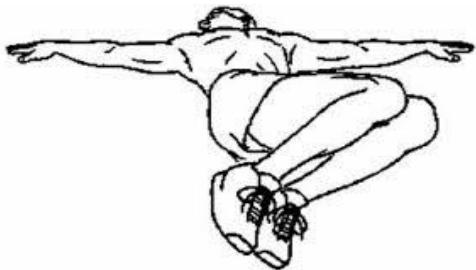
This pose is deeply relaxing and appropriate for all ability levels.

Begin seated with your legs extended in front of you on the mat. Bend your knees and draw your heels in toward your pelvis. Press the soles of your feet together and let your knees drop open to both sides. Lean backward and bring your elbows to the floor. Then, lower your back all the way to the floor. Gently shift your buttocks from side to side, adjusting your position so your spine lengthens along the floor while maintaining the natural curve of the lower back. Draw your shoulder



Yoga Therapy, Yoga Gentle/ Restorative, Chair Yoga, Love Your Body Yoga and Prenatal Yoga are offered weekly in the AdventHealth Fitness Center, Woodland Hills Building, 7315 E. Frontage Road, Suite 125. For more information visit AdventHealthKC.com/Wellness or call 913-676-8133. Team Members receive \$5 off community class prices.

blades gently inward and let your arms relax with your palms facing up. Relax your buttocks and lengthen your tailbone toward your heels. If this is too much of a stretch, place blocks or pillows under your knees. Close your eyes and breath. Hold for up to 10 minutes.



Supine Twist

This gentle twisting motion promotes circulation to your back. It tones the abdomen and usually feels great to those of us with stiff backs.

Lie flat on your back, knees bent, feet on the floor at hip width. Place your arms straight out from your sides in a T, palms facing down, level with your shoulders. Exhale and slowly lower both legs to the right side, turning your head to the left. Your shoulders and head remain flat on the floor, but your left hip will come off the floor. While in this position, your entire right leg will be resting on the floor; the left leg is on top of it and does not touch the floor. Hold for 20 breaths then repeat on the other side.



Child's Pose

Child's Pose is a simple yoga pose yet very effective for anxiety that has a calming effect on the body and mind.

Knees can be apart (more gentle) or together (more challenging). Let your head rest on the floor between your arms and your palms facing down. Extend your arms straight out in front of you. Try to gently lower your buttocks toward your heels (if too challenging you may use

a pillow or blanket between your buttocks and heels). This naturally stretches your torso, and as you fold over your thighs, bend your neck so your forehead touches the floor. If this is too much strain on your neck, modify by using a pillow or a yoga block under your forehead. Breathe slowly and hold this posture for 30 seconds or longer.

Creating a Sleep Routine with Yoga.

The last few hours before you go to bed make a big difference. Here are some tips to help prepare your mind and body for sleep every night.

1. Pick a bedtime and create a sleep routine. The more you stick with it, the quicker you fall asleep.
2. Turn off screens. Light from electronics tells your brain it is daytime and can make it hard to fall asleep. Avoid screens for an hour or more before bedtime. Create a dark space to sleep.
3. Limit sugar, caffeine, and alcohol in the afternoon and evening. Pay attention to how foods effect you and your sleep. Alcohol may help you fall asleep but often causes interruptions to sleep throughout the night.
4. Where you sleep should be relaxing. Try using your senses: a soothing scent like lavender to help you relax before bed, a sound machine, soft sheets, etc.
5. Relax your body and mind. Yoga is an excellent way to release the tension of the day and clear the mind of stress. Try completing the poses featured in this handout every night for 10 days to see if it improves your sleep quality.
6. Dress in less. Your body temperature increases as you sleep. We often wake because we are hot and uncomfortable. Shed a layer and sleep longer.
7. Keep pen and paper by the bed. If something is on your mind, write it down and go back to sleep. Try keeping a journal and writing in it regularly.
8. If you find yourself awake in bed. Get up, leave the bedroom, and read a boring book. When you feel sleepy go back to bed and try again.

Yoga Therapy, Yoga Gentle/ Restorative, Yoga Basics and Chair Yoga are offered weekly in the AdventHealth Fitness Center, Woodland Hills Building, 7315 E. Frontage Road, Suite 125. For more information visit AdventHealthKC.com/Wellness or call 913-676-8133. Team Members receive \$5 off community class prices.