Wisdom Art: *Mind, Body, Spirit*

What are the experts saying?

Yoga is a gentle and restorative way to wind down your day.
A national survey found that over 55% of people who did yoga found that it helped them get better sleep. Over 85% said yoga helped reduce stress. You can use supportive props like bolsters, blankets, and blocks to make poses comfortable so that you can stay in the pose for longer and continue to breathe. Your breath is key to be able to relax in these poses.

Breath in yoga is equally important—if not more important—as the physical pose. Use a gentle and calming yoga breath technique called Ujjayi Breath, also known as Ocean Breath or Victorious Breath. Inhale deeply through the nose. With your mouth closed, exhale through your nose while constricting the back of your throat as if you are saying "ha" but keep your mouth closed. This exhalation should sound like the waves of the ocean (or like Darth Vader from Star Wars). Use this slow and steady breath to soothe yourself in each of these poses.

Practice these yoga poses right before bedtime and stay in them about 3 to 5 minutes each. Use your Ocean Breath in each pose, with the exception of Corpse Pose, where your breath returns to normal. https://www.health.harvard.edu/blog/8753-201512048753

WORLD SLEEP DAY

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- Wide-Knee Child's Pose (Balasana)

- Standing Forward Bend (Uttanasana)

- Reclining Bound Angle (Supta Baddha Konasana)

- Legs Up The Wall (or chair) Pose (Viparita Karani

Practicing yoga before bedtime is a terrific way to release everything you're holding onto mentally or physically before sinking into a peaceful night of deep sleep.

A helpful first step in shifting your relationship with sleep is turning off your phone an hour before bed and (this might be a stretch) getting under the covers before 11 p.m. If rest is not coming easy to you and support is needed, get in bed and try the above restorative sequence.