

A woman with long dark hair, wearing a light grey long-sleeved shirt, is lying in bed and stretching her arms upwards. She has a joyful expression with a wide smile and closed eyes. The background is a bright, minimalist room with white walls. A large, light pink triangular graphic element is positioned in the lower-left corner, partially overlapping the woman's arm and the text.

Natural Sleep Tips

Are You Often a Member of the 2:00 am Club?

According to the CDC, between 50-70 million Americans are affected by some type of sleep disorder. Sleep is a crucial aspect of our lives as our bodies heal and recover during this time. Unfortunately, a restful night's sleep can be elusive for many, especially as we age. If you want to improve your mental clarity and mood, getting enough rest is vital. Chronic sleep deprivation can lead to brain fog, a lack of alertness, mood disorders, weight gain, health problems such as heart disease and high blood pressure, and could even cause premature aging of the skin.

Various factors can cause sleeplessness, including stress, anxiety, hormones, and chronic pain. It's estimated that one in three adults uses prescription sleep aids or medications to help with insomnia and other sleep disorders.

To help you get better sleep, we're sharing some natural solutions that have proven effective for many people. Keep in mind that what works for one person may not work for everyone, as we all have unique chemical makeups and different reasons for experiencing insomnia and sleep issues. So, it's essential to experiment and find what works best for you.

1

T H E B E D R O O M



1



Let's start with the bedroom!

It's where we rise, where we rest, and where we spend a big chunk of our lives. It's the ultimate chill-out zone, so let's get it looking blissful and serene.

Using the philosophy of feng shui (a practice of looking at our living spaces and working environment and aligning the energies with the natural flow of nature) we can create a soothing, cozy space that can make us feel at ease as soon as we enter.

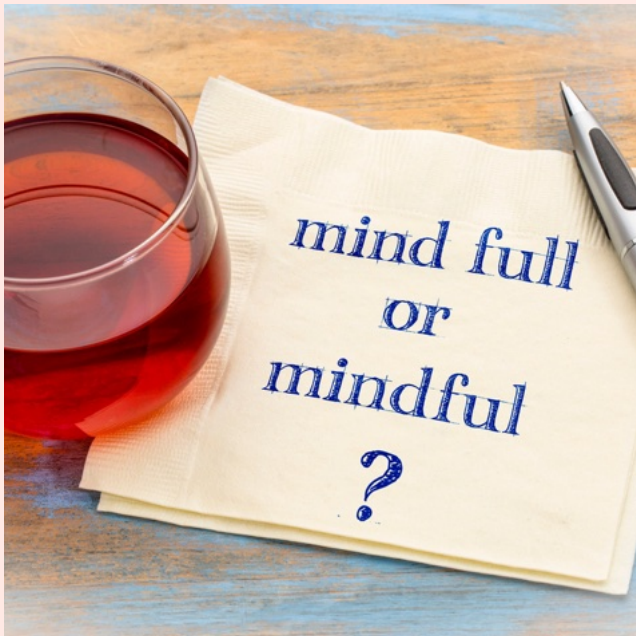
Here are some awesome tips to get you started:

- First up, make your bed every morning! It takes a hot minute, but it's worth it - there's nothing like slipping into a nicely made bed after a long day.
- Bid goodbye to negative vibes by clearing out clutter and dirty laundry.
- Fresh sheets equal fresh energy, so make sure to wash them regularly.
- Ditch any paperwork or distractions that could be weighing on your mind.



- Set the mood with a soft, warm glow, using low lighting bulbs in your lamps.
- Keep cool as a cucumber (and sleep better) by setting your bedroom to a temperature between 60-67 degrees F.
- Weighted blankets are a great way to ease anxiety and get some serious shut-eye.
- Banish tech and screens from your sleeping space - this is your retreat, after all!
- Tuck away your bits and bobs by keeping all doors and drawers closed. Ah, a serene space to rest your head - sweet dreams!

2



2

Is a wild monkey mind stopping you from dozing off into dreamland? Stress, worries, and anxiety can all conspire to keep you awake. But don't toss and turn just yet! One clever trick is to keep a notepad close by. When those pesky thoughts start to race, scribble them down, so you don't forget them.

As Michel de Montaigne once said,
"My life has been filled with terrible misfortune;
most of which never happened."

Give your brain a break and let those thoughts rest on paper. Soon enough, you'll be snoozing like a baby.



3



3

Boost your mood and energy by shifting your focus to the positive things in your life. Research shows that being thankful can improve your sleep, increase patience, boost happiness, enhance relationships, and promote a healthier lifestyle. So, why not kick-start and end your day with gratitude?

"When you're grateful, a magical blanket of peace wraps around you. You beam with joy, strength, and warmth. Gratitude makes your mind calm about everything around you."

The Gratitude Journal is a fantastic way to remind yourself of all the good things in your life. Simply jot down a few things that you're thankful for each day, and watch your mindset change for the better. You can get this journal or the app to make things even easier.



Positive self-talk is another powerful tool that you can use before bed. Repeating affirmations can help you relax and sleep soundly. You can even print out a mantra that you love and hang it up by your bed as a reminder to recite each night.

Here are a few examples to get you started:

- I let go of negative beliefs that don't serve me
- My body is full of vibrant, healthy energy
- The world is full of endless opportunities for me
- I love my life and am excited to be the best version of myself
- I am unapologetically myself (and sleep like a baby!)



4



4



Get your body moving for 30-60 minutes a day, and kiss stress goodbye! Whether you're a yoga guru or a high-intensity cardio junkie, find an activity that suits your style and mix it up to keep things fresh.

For the ultimate relaxation cocktail, blend some stretching, strength training, and cardio. Or, try Yamuna® Body Rolling Therapy for some next-level tension relief.

Our Fit & Free Classes are the perfect place to join in on the fun!

Timing is everything, so don't exercise right before bed. Endorphins released during aerobic exercise can keep you energized and awake. Plus, your core temperature spikes, signaling to your body that it's not bedtime yet. Give yourself 1-2 hours to cool down before catching some Zs. You'll be snoozing in no time!

5



5

When the mind feels like a runaway train, meditation can be the superhero we need! Let's explore some meditation techniques that can help:

For a peaceful slumber, try Guided Meditations. Our favorite is the **Insight Timer App**, packed with loads of free music tracks, meditations, and tales to help you snooze soundly. They even have a special SLEEP tab! And guess what? It's all FREE!

Candle Meditation is like a magic trick for the mind. Our eyes constantly feed the brain with new information, but by focusing on a flickering flame, the flow slows down, and other distractions vanish. With time, your focus and awareness sharpen, and you feel like a Jedi master!

Follow these steps for the Candle Meditation:

- Dim the lights and set the room temperature to your liking.
- Place a candle at eye level or slightly below.
- Make sure the candle is two feet away, so it's not too bright.
- Sit comfortably and gaze at the candle.

Now, let the calm wash over you like a warm blanket.



Give your mind a sweet treat with the Five Sense Meditation!

- Take a deep breath and open your senses to the world around you.
- What sounds can you pick up, like birds chirping or cars in the distance?
- What catches your eye, like a photo of your family or a flickering candle?
- Let your fingers do the walking as you feel the warmth of the room, the softness of your clothes, and the chair beneath you.
- Take a sniff and pick up the smells around you, like the aroma of fresh coffee or essential oils.
- Lastly, indulge your taste buds. Savor the flavors of your favorite tea, a piece of chocolate, or maybe a juicy orange. Take your time and enjoy!



6



6

Stressed out? Aromatherapy to the rescue!

This magical tool is like a spa day for your emotions, bringing a wave of tranquility to your body and mind. The secret lies in the essential oils, which work their magic by traveling straight to the Limbic brain where we store our memories and emotions.

By using specific oils known for their calming properties, you can quickly establish positive associations and ease into a restful state. Plus, with a few consecutive nights of the same oil or oils, your brain will start to recognize it as a signal that it's time to unwind.

So, how can you get in on the aromatherapy action? Easy peasy! Add a few drops of your favorite calming oil to a diffuser or cotton ball, and let the sweet scent lull you to dreamland. Or, indulge in a warm bath with Epsom salts and essential oils to detox your body and ease your mind. Sweet dreams!





Did you know that your ears, feet, and hands each have secret pressure points that link to different organs and body systems? Reflexology is a magical massage technique that uses these points to give your body a wellness boost.

To get started, put some soothing essential oil on your fingers and give your scalp a little rub.

Want to try the **Auricular Technique**? Drop some lavender oil between your thumb and forefinger, then gently circle your earlobe and work your way to the top of your ear. Once you reach the top, drag your thumb down the mastoid bone and repeat a few more times.

For some extra calming magic, try out my favorite essential oil combos: lavender and vetiver, balance, or serenity. Get ready for some serious relaxation!

7



7

Don't Take Breathwork For Granted

When we're excited or nervous, our breath shortens and breathing becomes more rapid. When we're calm and relaxed, the breath naturally slows down. We start breathing into our diaphragm and the body begins to relax.

The importance of deep breathing is often overlooked for sleep, but it's essential to regulating our moods, hormone levels, and digestive system.

Breathing deeply into our belly before bedtime stimulates the vagus nerve, which runs from the neck to the abdomen. This cues the vagus nerve to turn off the flight-or-fight response, which signals to the body that we are safe and puts us in a parasympathetic or "rest and digest" state.

Sustaining this state as much as we can improves the balance of our nervous and digestive systems, reduces inflammation, regulates our hormone levels, and enhances our overall sleep quality.

Diaphragmatic Breathing (Belly Breathing)

- Lie on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees to support your legs.
- Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.
- Breathe in slowly through your nose so that your stomach moves out, causing your hand to rise. The hand on your chest should remain as still as possible.
- Tighten your stomach muscles, so that your stomach moves in, causing your hand to lower as you exhale through pursed lips. The hand on your upper chest should remain as still as possible.



Alternate Nostril Breathing

To practice alternate nostril breathing:

- Sit in a comfortable position with legs crossed.
- Place left hand on left knee.
- Lift right hand up toward nose.
- Exhale completely and then use right thumb to close right nostril.
- Inhale through left nostril and then close left nostril with your fingers.
- Open right nostril and exhale through this side.
- Inhale through right nostril and then close this nostril.
- Open left nostril and exhale through left side.
- This is one cycle.
- Continue for up to 5 minutes.

Always complete the practice by finishing with an exhale on the left side.~



8



8

Say goodbye to counting sheep and hello to a good night's sleep with acupressure!

By stimulating pressure points on your body, you can ease physical and mental tension. Ready to give it a try?

Here are two acupressure points that can help you snooze:

First up, the **Spirit Gate Point**. This spot hides in the crease of your outer wrist, just below your pinkie finger. Locate the small, hollow area and apply gentle pressure in a circular or up-and-down motion. Keep it up for two to three minutes, then switch sides. Giving this spot some love is linked to easing anxiety and promoting relaxation, making it easier for you to drift off into dreamland.

Secondly, try the **Inner Frontier Gate Point**. This pressure point is located on the inner side of your forearm, approximately three finger widths from your wrist crease. Use your thumb to apply firm pressure to this area for two to three minutes, then switch to the other arm. Stimulating this point is believed to calm the mind and help with insomnia.

Bubbling Spring

The bubbling spring point is located on the sole of your foot. It's the small depression that appears just above the middle of your foot when you curl your toes inward.

Lie on your back with your knees bent so you can reach your feet with your hands.

Take one foot in your hand and curl your toes.

Feel for the depression on the sole of your foot.

Apply firm pressure and massage this point for a few minutes using circular or up-and-down motion.

Stimulating this pressure point is believed to ground your energy and induce sleep.

Massaging the bubbling spring point not only helps in inducing sleep, but it also has other health benefits.

This acupressure point is said to relieve stress, anxiety, and fatigue. It is also believed to boost the immune system, promote circulation, and relieve headaches and menstrual cramps. Additionally, it is said to help with ankle and foot pain. Regularly massaging this point can contribute to overall well-being and relaxation. So, the next time you're having trouble sleeping or feeling stressed, try stimulating the bubbling spring point.

We're all one-of-a-kind, so what works for one person might not another's. But hey, if you're looking to try a few natural techniques to catch some quality z's, why not give a few of these a try? Soon enough, you could be a bedtime boss, training your mind and body to crave that sweet slumber.

Now, if sleeplessness is a regular visitor, don't hesitate to chat with your doctor to rule out underlying issues. But for those occasional visits to the 2:00 am Club, some of the ideas might just do the trick!

So, tuck in tight and snooze away, dreamers!