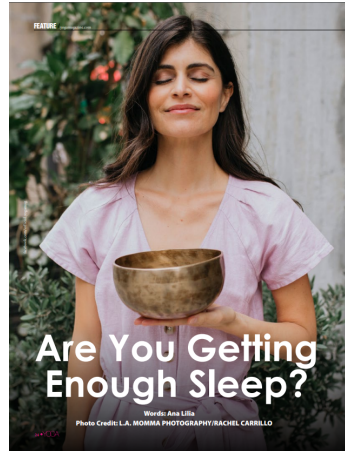


# Client: Ana Lilia

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**3. Darken the Room**  
Our bodies like a bit of darkness, and our circadian rhythm is sensitive to light. Excessive light can wake up your brain that it's time to wake up. This is why it's helpful to turn off all lights and screens at least an hour before bed. If you're using a smart light bulb, you can set it to dim and turn off at a certain time.

**4. Regulate the Room Temperature**  
Find yourself waking up in the middle of the night because you're hot or cold? Try keeping your room temperature around 67°F (19°C). Research suggests that this is the optimal temperature for sleep. Also keep in mind that your bedding needs to be changed with the season.

**5. Diaphragmatic Breathing (Daily Breathing)**  
Breathing from your belly is a great way to activate your parasympathetic nervous system, which tells your body to relax and sleep. To practice diaphragmatic breathing, take slow, deep breaths that cause your belly to rise. You can also try placing one hand on your belly and the other on your chest.

**6. Progressive Muscle Relaxation**  
Progressive muscle relaxation is based on the idea that when your body is relaxed, your mind will follow suit. The technique involves tightening and then relaxing each of your muscle groups, one by one, from your feet to your head. This can help you fall asleep more easily and stay asleep longer.

**7. Clear your Mind**  
If you're having trouble falling asleep, it might be because your mind is too busy. Try writing down your thoughts and worries in a journal before bed. This can help you clear your mind and get ready for sleep.

**8. Do a Brain Dump**  
If you're having trouble falling asleep, it might be because your mind is too busy. Try writing down your thoughts and worries in a journal before bed. This can help you clear your mind and get ready for sleep.

**9. Avoid These Sleep Disruptors**  
There are several things that can disrupt your sleep, including caffeine, alcohol, and nicotine. Avoid these substances in the hours leading up to bed. You can also try avoiding screens and bright lights before bed.

**10. Have a Nightly Bedtime Routine**  
Having a consistent bedtime routine can help you get ready for sleep. This can include things like reading a book, taking a warm bath, or listening to music.

**11. Listen to White Noise**  
White noise is a sound that contains all frequencies of the human hearing range. It can help mask other sounds that might be disturbing your sleep. You can find white noise apps or machines online.

**12. Use Aromatherapy**  
Aromatherapy is the use of essential oils to promote health and well-being. Some oils, like lavender and chamomile, are known to be calming and can help with sleep. You can use essential oils in a diffuser or add a few drops to a warm bath.

**13. Practice Mindfulness**  
Mindfulness is the practice of being present in the moment. It can help you reduce stress and anxiety, which can improve your sleep. You can practice mindfulness through meditation or yoga.

**14. Get Regular Exercise**  
Regular exercise can help you get better sleep. Aim for at least 30 minutes of moderate exercise most days of the week. However, avoid exercise too close to bedtime.

**15. Limit Alcohol and Caffeine**  
Alcohol and caffeine can both disrupt your sleep. Alcohol can cause you to wake up in the middle of the night, and caffeine can keep you awake. Limit your intake of these substances, especially in the evening.

**16. Consider a Sleep Study**  
If you're still having trouble sleeping, you might want to consider a sleep study. This can help you identify the cause of your sleep problems and get the right treatment.

## Suggested Title: Are You Getting Enough Sleep?

Let me ask you a simple question: When was the last time you had a good night's rest? I mean a truly restful sleep. The kind where you wake up in the morning feeling refreshed, energized, and ready to tackle your to-do list.

If you're scratching your head right now and wondering "When WAS the last time I had a good night's rest?!", you're not alone! In fact, according to [a poll conducted by the Sleep Foundation](#),

43% of Americans between the ages of 13 and 64 said they rarely (if ever) get a good night's rest.

63% of the people polled reported having sleep problems either nightly or almost every night. Some of those problems include snoring, waking up too early, and waking up feeling un-refreshed.

Short-term, having sleep problems might just be a nuisance. But when you are chronically sleep-deprived, it can cause some major problems.

## The Effects of Sleep Deprivation

Fun fact: horses can survive on a mere 2 hours of sleep and often sleep in 15-minute bursts. But you're not a horse - your body (and mind) NEED sleep in order to function properly. That's why when you don't get enough sleep, you feel "off". Your body is sluggish. Your memory lags. You're irritable. Your body is telling you, in every way it knows how, that you need to get more rest!

When you don't listen to your body (or can't seem to get it to listen to you), all kinds of symptoms can start popping up, including: inability to focus or learn new things, coordination issues, mood swings, compromised immune system, hormonal issues, anxiety, depression, and even cardiovascular issues.

Long story short: chronic sleep deprivation can drastically lower your quality of life... and lead to an early death. You need to get more sleep!

But getting more sleep can feel nearly impossible sometimes. Especially after the year we've all had. We spent most of 2020 in a state of constant worry and uncertainty. Between a global pandemic and a host of other terrible world events, our stress levels have been at an all-time high. And when you have that much going on, it can be hard to shut your mind off long enough to relax.

But that's no way to live... and it doesn't have to be your reality. Below are 10 tips you can use to get better rest starting tonight!

### Listen to White Noise

Live in a noisy area or sensitive to sound? White noise can be a great way to block out stressful noise and replace it with more soothing sounds. It can be really helpful in creating a relaxing environment so that your brain can wind down.

Some of my favorite “white noises” are heavy rain, crackling fires, and ocean waves, but there are so many to choose from. There are plenty of [white noise machines](#) and [white noise apps](#) on the market. You can also find a variety of [white noise videos](#) on Youtube. Choose one that puts you at ease and play it all night long.

## Use Aromatherapy

Aromatherapy dates back to ancient times - and for good reason! The right scents can alter your mood completely - leaving you feeling calm, energized, and relaxed. And with the abundance of places that sell quality essential oils, you can get them at very affordable prices - both locally and online. Some essential oils to get when you need to calm down include lavender, vanilla, rose, geranium, jasmine, eucalyptus, frankincense, ylang ylang, mandarin, cedarwood, and sandalwood.

Some ways to use essential oils in your daily routine are to add several drops to an essential oil diffuser, add oil to a hot bath, or mix with water in a spray bottle to use a mist spray. You can also find bath salts and candles that have been infused with essential oils.

## Darken the Room

Our bodies take a lot of clues from our environment when it comes to regulating itself. One such clue is light. Excessive light can send signals to your brain that it's time to wake up. This includes light from light bulbs and electronics. That's why it's helpful to turn off all lights and screens when it's time for bed. It is also a good idea to spring for blackout curtains and eye pillows. You can even buy [aromatherapy eye pillows](#)!

## Regulate the Room Temperature

Find yourself waking up in the middle of the night because you're too hot or cold. Try keeping your room temperature at around 65°F (18.3°C). Research suggests that this is the optimal temperature for sleep. Also keep in mind that your bedding needs change with the season.

## Diaphragmatic Breathing (aka Belly Breathing)

Breathing from your belly is a great way to activate your parasympathetic nervous system, which tells your body it's safe and can relax. To practice belly breathing, take slow, deep breaths that cause your belly to rise, but not your chest (you can test this by putting one hand on your belly and the other on your chest).

## Progressive Muscle Relaxation

Progressive Muscle Relaxation is based on the idea that when your body is relaxed, your mind will follow suit. The technique involves tightening and then relaxing all of your muscle groups, one at a time, until your entire body is relaxed.

While inhaling slowly and deeply, contract one muscle group (your calf muscles, for example) for up to 10 seconds. As you exhale, release your muscles and visualize all of the tension and stress leaving your body. Relax for 10-20 seconds and then repeat the process with another muscle group, working your way from your feet to your face.

## Clear your Mind

If you're exhausted but your mind is still going 100 miles per hour, it's going to be hard to fall asleep. That's why I highly recommend doing something each night to clear your mind. My favorite methods are meditating and journaling.

If you're not used to meditating, I recommend starting small with just a few minutes at a time. The more you practice, the longer you can meditate and the easier it is to clear your mind of all thoughts. Journaling, on the other hand, is a way to get all of your thoughts out of your head and onto paper so that you can relax enough to fall asleep. The two practices work beautifully either alone or together.

## Do a Brain Dump

Speaking of busy brains, another thing you should do before going to bed is to pick 3-5 things to do the next day. Having a plan (even an outline of one) can make you feel more in control - and help you relax enough to fall asleep a bit easier.

## Avoid These Sleep Disruptors

Do you often eat pasta for dinner or curb late-night cravings with a quick bowl of cereal? Those refined carbs could be keeping you up later than you want since they cause your blood sugar to rise, giving you an unwanted energy boost. It's best to have your more carb rich meals at lunch time and to keep your dinners pretty simple.

You should also watch what you drink before bed. Alcohol and caffeine should both be avoided at all costs. In fact, you should avoid drinking any beverages close to bedtime to avoid late night bathroom trips.

## Have a Nightly Bedtime Routine

Want to train your brain and your body to wind down naturally? Implement a simple bedtime routine. For example, take a hot bath or shower (with your favorite aromatherapy added), meditate for 10 minutes, journal for 5 minutes, and then turn off everything except your white noise. If you get into the habit of this routine, eventually your body will get used to it as well. It may take a while to pin down your perfect routine, but it can make a huge difference!

Need more help in creating more calm in your life so you can get a good night's sleep? Check out my program, *Breathwork for Anxiety: A 7 Day Practice to Feel Calm*. It will help you clear your mind, be present, and relax... no matter what's going on in the world.

Visit [FeelCalmToday.com](http://FeelCalmToday.com) to learn more.