

Tell us what you think!



SLEEP RELAXATION STRATEGY POSTCARD

Check out the evidence!



What is Sleep Relaxation?

Sleep relaxation (i.e., Yoga Nidra) is a form of mindfulness practice with the goal to achieve a deeply relaxed state.⁴

Research evidence for effectiveness

Studies have found that sleep relaxation has many benefits, such as:

- Improving sleep quality²
- Decreasing insomnia severity²
- Decreasing depression²
- Decreasing anxiety²
- Decreasing stress^{1,3}

How to practice Sleep Relaxation?

As a beginner, the easiest way to start is by listening to a guided audio recording!



All you need to do is lie down in a comfortable position on your bed or yoga mat and follow the instructions in the recording.



Listen to a guided sleep relaxation audio



When to practice Sleep Relaxation? ⁵

Sleep relaxation should be practiced in a calm and quiet environment.

For example, you could try right after work in the evening, or just before sleeping to promote a good night's rest.

Remember: The length of sleep relaxation practices vary! They can be 5 minutes or 30 minutes long, it's up to you to choose what suits you!



Tips for practice: ⁶

Set up your space for comfort

Make sure you are comfortable, not too hot or cold, and you are able to be still.



Try keeping a consistent practice

The more consistent practice you keep (e.g., the same time each day) the less likely you are to forget!



Do not worry about mind wandering!

Simply ignore the feeling and invite your attention back to the guided audio.



CONTACT INFORMATION

