

SLEEP RITUAL  
RELAXATION  
EXERCISES

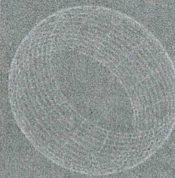
# SLEEP HYGIENE

Healthy practices to help you get a good night's sleep



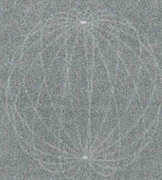
## ONE

Surround yourself with natural day light throughout the day so that your body can differentiate between day and night



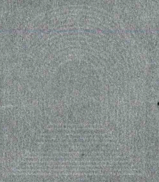
## TWO

Exercise every day - it relieves stress, improves mood and encourages sleep



## THREE

Your place of sleep should be dark or dimly lit, quiet and cozy



## FOUR

All technology off an hour before restful sleep - schedule blue light of phones and tablets an hour before to change to warm light



## FIVE

Stick to your bedtime routine every day (including weekends) and have a sleep ritual in place

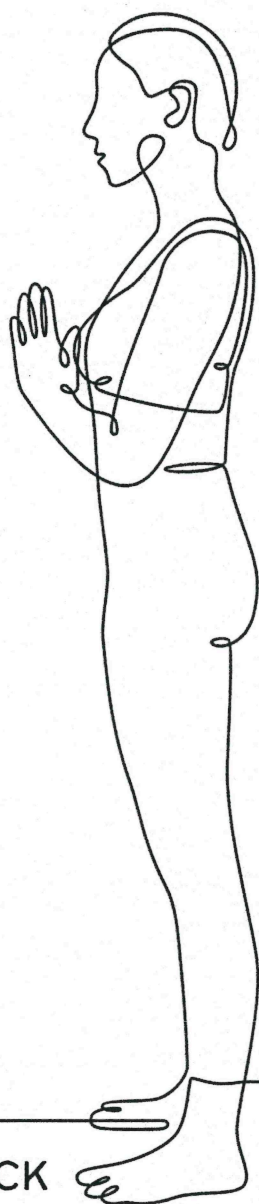


# RELAXATION EXERCISES - STANDING

1. SHAKE OUT TENSION

2. BREATHE IN, ARMS UP  
(HOLD STRETCH)  
HOLD BREATHE  
BREATHE OUT AND DROP  
ARMS  
REPEAT TWICE MORE

3. ROTATE HEAD AND NECK  
BY IMAGINING DRAWING A  
NUMBER 8 WITH THE  
MOVEMENT  
MOVE NECK GENTLY TO  
THE RIGHT, LEFT, BACK,  
FRONT



4. BREATHE IN AND BRING  
SHOULDERS UP TOWARDS  
EARS

BREATHE OUT LET  
SHOULDERS RELAX AND  
REPEAT TWICE MORE

5. ROLL SHOULDERS  
FORWARDS IN A  
CIRCULAR MOTION  
FIVE TIMES  
REPEAT ROLLING  
SHOULDERS  
BACKWARDS FIVE  
TIMES

6. FORWARD BEND -  
STAND FEET APART (HIP  
WIDTH APART)  
GENTLY BEND FORWARD  
BRINGING TOWARDS  
LEGS. IF YOU FEEL ANY  
PAIN. STOP

# RELAXATION EXERCISES - ON THE FLOOR

1. INNER THIGH STRETCH -  
MAKE A V SHAPE WITH  
YOUR LEGS AND  
STRETCH TIPS OF  
FINGERS TO TOES (DO  
NOT OVER STRETCH AND  
STOP IF YOU FEEL PAIN

2. BUTTERFLY STRETCH - SITTING  
DOWN, KEEP BACK STRAIGHT  
(IMAGINE A STRING PULLING  
YOUR HEAD UP TOWARDS THE  
CEILING)  
BRING SOLES OF FEET TOGETHER  
AND HOLD FEET TOGETHER WITH  
YOUR HANDS WHILST YOU  
BOUNCE LEGS UP AND DOWN  
FOR A COUNT OF 3, HOLD AND  
RELEASE



3. CHILDS POSE - COMING ONTO ALL FOURS, REST YOUR BOTTOM  
ONTO YOUR SHINS AND STRETCH ARMS ON THE FLOOR IN FRONT  
OF YOU, REST YOUR HEAD ON THE FLOOR AND RELAX YOUR  
BODY

# Sleep Ritual Tips...

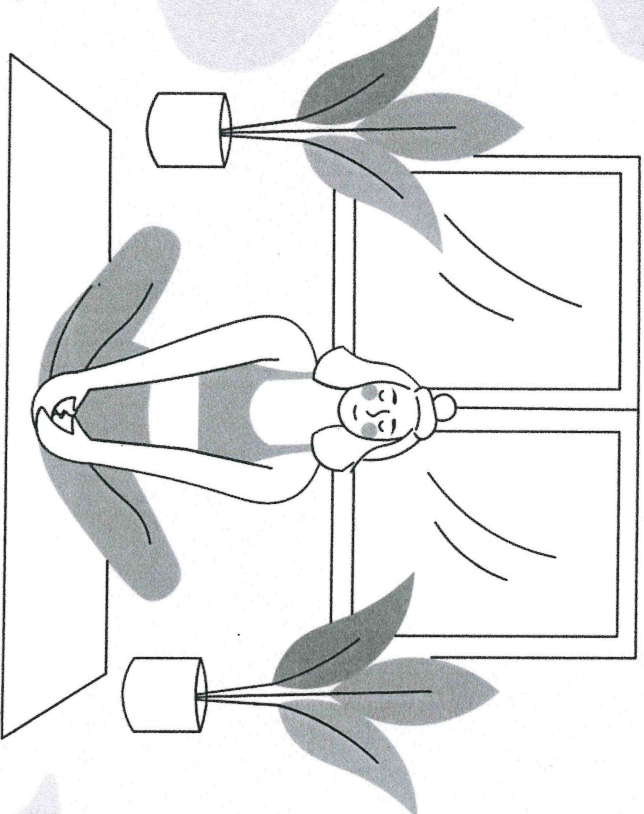
Try mindfulness writing either in a journal or on a square of paper to remove any negative thoughts or worries from your mind before sleep, and write over them or throw the page away

Practice gentle night time yoga techniques to release any negativity you are holding onto mentally and physically

Set up your restful sleep space to be dark or dimly lit, and play relaxing meditation music

Stay hydrated - water or warm decaffeinated drink before bed

Practice relaxation exercises before sleep to release any tension



Try mindful breathing and counts of four to calm your mind and relax your body

A light healthy snack before bed

Have a warm bath or shower