

To benefit from Yoga Nidra it is best to not be tired for it - so that you do not fall asleep. The point is to stay awake and alert to sensation in the body as the mind follows breath through it. If you fall asleep during practice - it doesn't mean you failed, it just means you need more rest! So, stop the practice, go to sleep, and try again the next day.

### **Follow these 12 guidelines for better sleep:**

1. Sleep as much as needed to feel refreshed the next day, but not more. Curtailing the time in bed solidifies sleep, but excessive time in bed can lead to fragmented and shallow sleep.
2. A regular bedtime routine and morning waking time strengthen circadian cycles and lead to regular times of sleep onset.
3. A steady amount of moderate daily exercise (15-20min is enough) deepens sleep. Occasional intense exercise does not improve sleep long term. Pre-sleep exercise can make falling asleep more difficult.
4. Occasional loud noise (i.e. airplane flyovers) disturbs sleep,. Sound-attenuated bedrooms alleviate such disturbance.
5. Hot temps disturb sleep, while cold temps do not solidify it. Sleep in a comfortable, restful temperature (60-70F).
6. Hunger may disturb sleep - sleep no later than 3 hrs after eating, or have a light snack before bedtime (milk or simple carb)
7. Caffeine in the evening disturbs sleep, even in those who feel unaffected. Avoid caffeine 6 hours before bedtime
8. Alcohol may help tense people fall asleep more easily, but the sleep will be fragmented and less restful.
9. Use of tobacco disturbs sleep.
10. When feeling angry and frustrated at not falling asleep, it is better to get/stay up and do something different, than keep trying harder. Return to bed only when feeling tired and sleepy.
11. Keep the clock away from view - continued reference to clock increases anxiety.
12. Keep sleeping pills to an absolute minimum if not to zero - chronic use is ineffective and may make insomnia worse.

## Prepare for Yoga Nidra with:

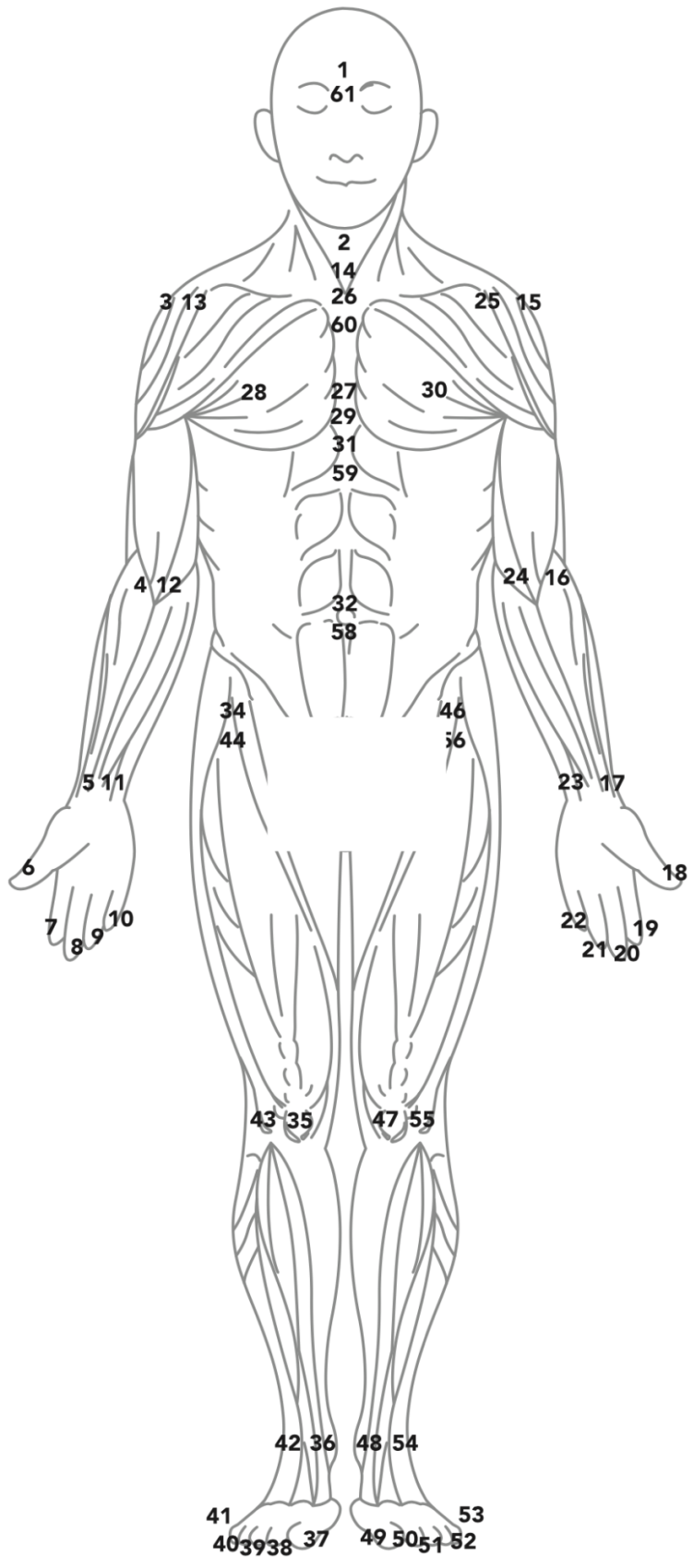
### 1. short and simple asana practice.

Do not make it too long or too vigorous - just enough to ease tension in the body so it can remain laying down without fidgeting. Any practice in this training will suffice, "Asana Preparation for Pranayama" in module 5 is a great choice.

### 2. ANY of the following Guided Relaxation exercises:

#### A. 61 Points Systematic Relaxation

Eyebrow center	1	Navel center	32
Throat center	2	Pelvic center (between the hip joints)	33
Right shoulder joint	3	Right hip joint	34
Right elbow joint	4	Right knee joint	35
Right wrist joint	5	Right ankle joint	36
Tip of the right thumb	6	Tip of the right big toe	37
Tip of the right index finger	7	Tip of the right second toe	38
Tip of the right middle finger	8	Tip of the right third toe	39
Tip of the right ring finger	9	Tip of the right fourth toe	40
Tip of the right small finger	10	Tip of the right small toe	41
Right wrist joint	11	Right ankle joint	42
Right elbow joint	12	Right knee joint	43
Right shoulder joint	13	Right hip joint	44
Throat center	14	Pelvic center	45
Left shoulder joint	15	Left hip joint	46
Left elbow joint	16	Left knee joint	47
Left wrist joint	17	Left ankle joint	48
Tip of the left thumb	18	Tip of the left big toe	49
Tip of the left index finger	19	Tip of the left second toe	50
Tip of the left middle finger	20	Tip of the left third toe	51
Tip of the left ring finger	21	Tip of the left fourth toe	52
Tip of the left small finger	22	Tip of the left small toe	53
Left wrist joint	23	Left ankle joint	54
Left elbow joint	24	Left knee joint	55
Left shoulder joint	25	Left hip joint	56
Throat center	26	Pelvic center	57
Heart center (core of the chest)	27	Navel center	58
Tip of the right breast	28	Heart center	59
Heart center	29	Throat center	60
Tip of the left breast	30	Eyebrow center	61
Heart center	31		



- Return to EYEBROW CENTER - remember where you are