



YOGA FOR BETTER SLEEP

*Calm your body. Quiet your mind. Rest deeply.
Better sleep starts with you.*



SLEEP ISN'T A LUXURY. IT'S ESSENTIAL.

When we don't sleep well, everything feels harder – our mood, energy, focus and resilience.

Yoga helps you switch off the stress response, release tension and prepare your body and mind for deep, restorative sleep.



**You deserve rest.
You deserve good sleep.**



Yoga helps your body relax and your mind let go – creating the space you need for restful, healing sleep.



HOW YOGA SUPPORTS BETTER SLEEP



Calms the nervous system
Activates your parasympathetic nervous system to help you relax and unwind.



Reduces stress & anxiety
Decreases cortisol levels and quiets racing thoughts.



Releases physical tension
Loosens tight muscles and soothes aches that keep you awake.



Supports deeper sleep
Improves sleep quality and helps you stay asleep for longer.



Regulates your body clock
Gentle evening practice supports melatonin production.

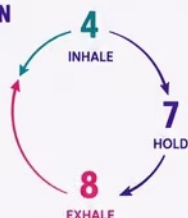


Improves daily energy
Better sleep helps you wake up feeling more refreshed and resilient.



SIMPLE BREATH TO WIND DOWN 4-7-8 Breath

- ♥ Breathe in through your nose for 4 counts
- ♥ Hold your breath for 7 counts
- ♥ Breathe out through your mouth for 8 counts
- ♥ Repeat 4 times



This breath slows your heart rate, calms your mind and signals to your body that it's time to rest.

GENTLE BEDTIME POSES TO HELP YOU SLEEP

Move slowly. Breathe deeply. Let go.



Child's Pose (Balasana)

Calms the mind and gently stretches the lower back.

Knees to Chest (Apanasana)

Releases tension in the lower back and soothes the nervous system.

Supine Twist (Supta Matsyendrasana)

Helps release tension in the spine and supports digestion.

Legs Up the Wall (Viparita Karani)

Promotes relaxation, improves circulation and reduces fatigue.

Reclining Bound Angle Pose (Supta Baddha Konasana)

Opens the hips, calms the mind and promotes deep rest.

Savasana (Shavasana)

Complete relaxation for body, mind and soul.

Hold each pose for 1–3 minutes. Use props for support. Listen to your body.



TIPS FOR BETTER SLEEP

- ✓ Create a bedtime routine – wind down at the same time each night.
- ✓ Limit screens – avoid blue light 1 hour before bed.
- ✓ Keep it cool, dark and quiet – your environment matters.
- ✓ Move gently each day – it supports your body's natural sleep rhythm.
- ✓ Breathe & relax – a few minutes of yoga or breathing can make a big difference.



Remember

It's okay if your sleep isn't perfect. Some nights will be harder than others. Yoga is about progress, not perfection – showing up for yourself, one breath at a time.

*Rest is productive.
Rest is healing.
Rest is self-care.*



DAILY TIP

Even 10–15 minutes of gentle evening yoga can help you sleep better and wake up brighter. Be kind to yourself and honour your need for rest.



UNTIL NEXT TIME,
GIVE YOURSELF SPACE TO BREATHE

| With love, Maggie

