

Yoga for Better Sleep

Calm your body. Quiet your mind. Rest deeply. Gentle evening support for winding down.

Sleep can be affected by stress, pain, anxiety, hormones, sensory overload, medication, health conditions and irregular routines. Yoga cannot guarantee sleep, but a gentle practice can create a predictable transition from activity towards rest.

Take the pressure off

Trying hard to sleep can make wakefulness more frustrating. Use this practice as quiet rest rather than a test. The aim is to reduce effort, soften tension and make the evening feel gentler.

Six gentle poses

1	Child's Pose	Rest & release
2	Cat-Cow	Gentle movement
3	Seated Forward Fold	Calm & soothe
4	Supine Twist	Release tension
5	Legs Up the Wall	Rest & recharge
6	Savasana	Let go & rest

Breathing

Keep breathing comfortable and natural. If a slightly longer exhale feels soothing, use it without strain. Breath holds are optional and unnecessary.

Safety

Move gently and use cushions, a chair or wall. Stop for pain, dizziness, faintness or feeling unwell. This is an educational wellbeing resource, not treatment for insomnia or another medical condition.

Your evening sequence

Choose only what feels comfortable tonight. Two poses can be enough.

1. Child's Pose

Support the torso and head with cushions. If folding forward is uncomfortable, choose an upright seated rest.

2. Cat-Cow

On hands and knees or seated, slowly round and lengthen the spine. Keep the range easy and unforced.

3. Seated Forward Fold

Hinge forward gently and support your head or arms. There is no need to reach your feet.

4. Supine Twist

Support bent knees with cushions and let them move only as far as comfortable.

5. Legs Up the Wall

Rest the legs on a wall, sofa or chair. Adjust your position so there is no strain.

6. Savasana

Lie or recline in the position that asks the least of you. Support knees, head or arms if helpful.

A five-minute wind-down

Reduce stimulation if you can, put the phone aside, choose two gentle poses and finish with quiet rest. You do not need to check whether you feel sleepy. Let the practice simply mark the end of the day.

Supporting better sleep beyond yoga

Sleep is influenced by the whole day, not only bedtime.

Rhythm and daylight

A reasonably consistent waking time and daylight exposure during the day can support the body's sleep-wake rhythm. Aim for what is realistic rather than perfect.

Caffeine, alcohol and medication

Caffeine later in the day can disturb sleep for some people. Alcohol may cause initial drowsiness but can reduce sleep quality. Do not make abrupt medication changes; discuss concerns with an appropriate healthcare professional.

Sensory comfort

Temperature, noise, light, bedding and clothing all matter. Adjust the environment to suit your sensory needs rather than assuming one sleep setup works for everyone.

A busy mind at bedtime

Write tomorrow's tasks or worries down before bed. You do not need to solve them at night. A predictable low-demand activity can help create separation from the day.

When to seek support

Persistent insomnia, loud snoring with breathing pauses, severe daytime sleepiness, restless legs or major changes in sleep deserve professional assessment.

Sleep & wind-down tracker

Look for patterns rather than perfect nights.

Day	Wind-down	Sleep /10	Morning energy /10	What helped?
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Reflection prompts

What helps me switch off? What makes bedtime harder? Which sensory changes help? Am I putting pressure on myself to sleep? Is there a persistent sleep problem that deserves support?

A message from Maggie

Rest still matters even when sleep does not come easily. You do not have to force your body into sleep or judge yourself for being awake. Make the evening as kind and low-pressure as you can, and let gentle movement be one way of giving yourself space to breathe.

Evidence-informed note

Yoga and relaxation practices may support aspects of sleep for some people, but effects vary. Persistent sleep problems can have medical, psychological, environmental or medication-related causes and may require appropriate assessment.

Space to Breathe Therapy — educational wellbeing resource; not medical treatment.