

SLEEP RELAXATION TECHNIQUES

Easy tips and tricks to help you unwind after a long day and get a restful night's sleep



When you need an escape

Guided imagery allows you to picture a relaxing, peaceful setting, such as a beach or the mountains, to help you to feel more relaxed. This technique reduces stress and anxiety, making it easier to fall asleep



breathe

When you feel overwhelmed

Utilize deep breathing techniques, such as the 4-7-8 technique. Inhale through your nose for 4 seconds, hold your breath for 7 seconds, and exhale through your mouth for 8 seconds.

When you need peace

Frequently engage in activities that you find soothing. Listening to music you enjoy, spending time in nature, and utilizing aromatherapy with candles or incense you enjoy are all examples of soothing activities



When you feel tense

Body-based relaxation techniques can calm you down after a long or stressful day. Yoga, massages, saunas, or hot baths are all ways to enjoy this technique.

When your thoughts are racing

Mind-based relaxation techniques help you disengage from any thoughts that may be distracting. Meditation, body awareness exercises and prayer are common practices.

