



Welcome lovely ones!

Here are some little tips to help you to get a good night's sleep. Some will work for you + others won't, but I hope you find some tips that will make a difference to you.

With Love & Light,

Raeeka

THE 4 STAGES OF SLEEP



Reducing unnecessary stages of sleep

There are four phases of sleep.

Falling asleep – we often toss + turn + worry here. This is a big waste of time.

Dream state. - yogi's believe dreaming takes more energy than it should do.

Deep sleep – this is the only stage that rejuvenates + recharges you. From a yogic perspective, this lasts 2.5 hours.

If we eliminate or reduce the 3 unnecessary stages – we need less time in bed. If we can learn to be efficient with sleep, we need only 5 or 6 hours of sleep.

YOUR SLEEPING SPACE



Get the firmest mattress you are comfortable with to support your spine + let your nervous system relax.

Play inspirational music continuously in your bedroom, especially while you sleep. You can keep the volume very low + it will still affect your subconscious.

PREPARING FOR SLEEP



- Make sure you've exercised enough to sweat that day.
- Make sure you've laughed already that day.
- Avoid a heavy meal 3 hours before lunch time
- Brush your teeth
- Brush your hair + if it's long braid it so it stays neat
- Drink a couple of glasses of water – dehydration can cause disruption to sleep
- Wash your feet in cold water to prepare your nervous system for relaxation
- Read something inspirational
- Give yourself a foot massage

FALLING ASLEEP



While you are lying in bed, try the following:

- Visually image all your worries, concerns + ideas being wrapped in a package + put on a shelf for tomorrow. You might be amazed at how many are gone or improved by the time you wake up.
- Lie on your stomach, turn your head to the right so your cheek is on the pillow. This means you then breathe through your left nostril to bring in the cooling, soothing, calming energy.
- Do long, deep breathing through both nostrils.
- Once you feel drowsy, turn to your preferred sleeping position.
- Continue long, deep breathing until you are asleep.

lovemindbodyheart.

BLESSINGS!

That's it lovely ones! A few tips on how you can get a good night's sleep.

To finish up, use the below page to write down 3 things you have learnt about yourself or 3 changes you are going to make as a result of this e-book. It doesn't matter how big or small. Print it off and keep it somewhere to remind you.




With Blessings,

Raeeka

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THREE THINGS I HAVE LEARNT ABOUT MYSELF/WILL START DOING NOW:



- 1.
- 2.
- 3.

May the long time sun shine upon you, all love surround you & the pure light within you guide your way on.
