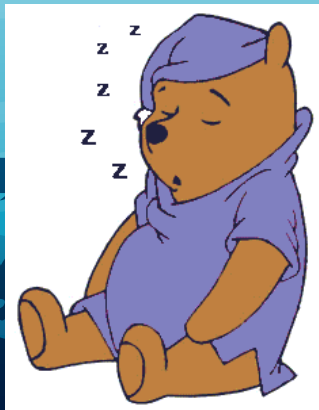
How to get a good night's sleep

What do you usually do before you go to bed?

What do you think we can do to get a good night's sleep?

What do you think <u>wouldn't</u> help us get a good night's sleep?



Tips for a Good Night's Sleep

Try these tips to have a restful sleep!

If you do the same things every night, your body will begin to know it is time to wind down and get ready for sleep!

Have a glass of milk before bed! It can help your body produce melatonin, a hormone to help you sleep!

If you are struggling to sleep, try some breathing exercises or read a book!

Make sure you get enough sleep. Children between 5 and 12 should get 10-12 hours per night!

Prepare your bedroom by keeping the lights low and the temperature cool!

Try to get plenty of exercise and fresh air during the day!

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Try avoiding these things to have a restful sleep!

Here are some things to avoid having a bad night's sleep!

Eating lots can make you uncomfortable and stop you from sleeping!

Caffeine and sugar can make you stay awake and not let you sleep well!

The light from devices like phones and tablets will signal to your brain to stay awake!

You should turn off TV and computers about two hours before bedtime.

Staying up too late or dozing in the afternoon will mess with your sleep routine!

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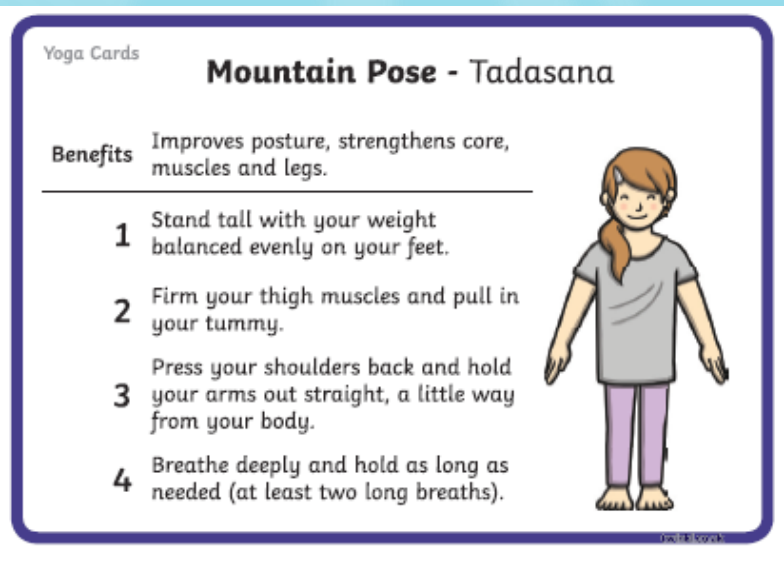
Doing these yoga poses before bed can also promote good sleep...have a go!



Yoga Cards

Frog Pose - Bhekasana

Benefits Tones legs; increases hamstring flexibility.

1. Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
2. Look up and inhale.
3. As you exhale, straighten your legs and lower your head toward your knees.
4. Return to squatting position, then repeat.

Yoga Cards

Butterfly Pose

Benefits Calms the body and mind, helps relieve stress, headaches and fatigue.

1. Begin by sitting with soles of feet together.
2. Touch fingers to the side of your head like antennae.
3. Gently bounce your knees to flap your butterfly wings.
4. Exhale, and slowly lower your hands back to your lap.

Yoga Cards

Cat Cow Pose - Marjaryasana Bitilasana

Benefits Stretches torso and neck, gently massages spine and internal organs.

1. Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
2. Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
3. Exhale, round your back towards the ceiling and look at your belly.
4. Repeat.

Yoga Cards

Child's Pose - Balasana

Benefits Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

1. Kneel on the floor, touching your big toes together.
2. Sit back on your heels and separate your knees hip-width apart.
3. Exhale, bringing your head down, and rest it on the floor in front of you.
4. Place your hands wherever they are comfortable by your head, your knees, etc.
5. Relax and breathe, holding this pose.

Time to reflect...is there anything you are now going to change about your bedtime routine?