MEDITATION, RELAXATION AND THE ART OF A GOOD NIGHT’S SLEEP

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IMPORTANCE OF SLEEP

Experts have concluded that getting enough high-quality sleep may be as important to health and well-being as nutrition and exercise.
SLEEP AFFECTS OUR HEALTH
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- Alters levels of the hormones involved in metabolism, appetite regulation, and stress response.
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Judgement, emotional equilibrium, problem solving and creativity are improved with a good night’s sleep.
HEALTH BENEFITS OF MEDITATION

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- Go into relaxation response when body does healing work
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- Go into relaxation response when body does healing work
- Heightens awareness and ability to stay present
- Reduces reactivity, more even keel emotionally
- Boosts immune system: helps with depression other mental health issues
HOW MEDITATION HELPS SLEEP
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- Reduces stress hormones like adrenaline that mess with our ability to fall asleep easily
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- Created relaxation mode for falling asleep
- Ability to stay present and not ruminate (main reason people lay awake)
MORE TIPS FOR A GOOD NIGHT’S SLEEP
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- Get good exercise during the day
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- Turn off blue light from screens 1 hour before
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- Make bedroom a sleep sanctuary
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- Turn off blue light from screens 1 hour before
- Make bedroom a sleep sanctuary
- Something warm before bed (bath, tea)
- Aromatherapy: lavender, frankincense, geranium, citrus (orange, lemon)
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• Melatonin, magnesium and herbal teas (chamomile)
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• Read
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- Even 5 minutes a day has a biological benefit
- Just 3 deep breaths can help reduce stress during the day
HOW TO START A NEW HABIT
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- Best way to start a new habit is to attach it to an already existing habit
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• Focus on end result rather than beginning
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Keep practicing, notice benefits