

5 Stretches to Help You Fall Sleep

Neck Stretch:



Sit on the floor with your legs crossed. Place your left hand on the right side of your head & gently pull your head toward the left shoulder (keep the shoulder down), feeling a stretch on the right side of the neck. Hold for 3 breaths. Return to the start and repeat on the other side.

Hip-Buttock Stretch:

Lie on your back with your feet off the floor & cross your right ankle over your left knee and gently pull your legs toward your chest, feeling a stretch in the right hip & buttock. Hold 3 breaths. Switch legs and repeat.



Seated Spinal Twist



Sit with knees bent and L leg stacked on top (or straight bottom leg). Extend the right arm placing it outside of the left knee. Place your left hand on the floor behind you and twist gently to the left, moving your head & shoulders with the torso. You should feel a stretch up/down the spine. Hold 3 breaths. Return to the center, switch legs and repeat to the right side.

Child's Pose:



Lie facedown with knees tucked under you & arms extended in front so you feel a stretch from shoulders to the lower back. Take several deep breaths to release the tension in your back. Then move to the Sundial variation of Child's Pose described below.

Sundial:

Now walk the hands to the right so your torso extends to 2:00. Take 3 deep breaths. Return to the center & repeat on the left side



Back Relaxer:



Lie on your back and bend your knees over the chest. Hold the backs of your thighs and gently pull your knees toward your chest, feeling a stretch in the lower back. Hold for 3 breaths.