

# 5 AYURVEDIC RITUALS FOR BETTER SLEEP



Getting a good nights sleep is essential for health and longevity. While you rest your mind, your body goes to work to repair and rejuvenate your cells and tissues.

During this time, your brain has a chance to catch up on the activities of the day.

It stores long term memories, clears away waste, and reenergizes itself for tomorrow.

Creating a sleep routine is an effective way to train your mind and body to rest in the evening. Choose the tactics that fit your lifestyle.

# SHUT IT DOWN



## *#1 PUT AWAY ELECTRONICS*

Turn off, or put away your electronics two hours before bed. Allow your mind time away from the stimulation that comes with technology. Too much blue light (which is emitted from your screens) can mess with your circadian

rhythm and cause sleep disturbance. Instead, try reading a book, or engage in a creative hobby that isn't too stimulating, like knitting or drawing. If you have a lot on your mind, this is an excellent time to journal.

## #2 SET A BEDTIME AND STICK TO IT

Creating a routine in your day trains your body to behave with the rhythms that you set.

When you set a reasonable bedtime for yourself (let's say 10 pm), and stick with it for a couple of weeks, your body will get the message that 10 pm is when it needs to shut down for the day.

CONSISTENCY



IS KEY

The hormones responsible for sleep will begin to turn on during this time, and your mind will naturally begin to slow down its thinking processes and allow you to rest.

If 10 pm is too early then just try shifting your bedtime forward by 30 minutes at a time.

### #3 DRINK WARM MILK WITH NUTMEG

This classic concoction is a delicious sleep aid. Milk contains the amino acid tryptophan, which converts into the sleep hormone serotonin. And the nutmeg has soothing effects on your muscles and nervous system.

Drinking the milk warm is essential because the warmth will further bring your body into a state of relaxation. If you can't have dairy, you can still get benefit from adding nutmeg to warm almond or coconut milk.

# NOURISHMENT



## #4 GIVE YOURSELF A FOOT MASSAGE

Foot massages are incredibly relaxing and rejuvenating to your system. Rubbing the soles of your feet with or without oil can enhance circulation, calm your nervous system, and help your body relax.

You can think of massaging your feet as pulling energy

out of your mind and into your feet. As you pull the excess movement and energy out of your mind, you allow it to settle in for the night. This is especially helpful for people with Vata sleep issues - also seen as an overactive mind.

# SOOTHE YOURSELF



# CLEANSE



## *#5 SHOWER OR BATH BEFORE BED*

Finding the right temperature for your body is an essential aspect of sleep that many people overlook.

If your body is too warm, you may find yourself tossing and turning all night. Likewise, if you're too cold, you may not

be able to settle your mind and body into a relaxed state.

Taking a shower or bath before bed is not only refreshing and comforting, but it can help to reset your body temperature for ideal sleeping conditions.