



HEART OF ENGLAND

Ayurveda

Ayurveda Tips For
Better Sleep!

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"Sleep is the golden chain that ties health and body together." Thomas Dekker

We're all aware of how important a good night's sleep is to our physical and mental well-being, aren't we?.... and yet so often a sound sleep and sweet dreams elude us.

We wake up feeling groggy and wanting to do nothing more than roll over and go back to sleep, and our thinking, concentration, mood and energy levels can all be affected for the rest of the day.

Health professionals understand the important repair and restore work that silently goes on in our bodies whilst we sleep, without us even knowing. Research shows that sleep helps to regulate the cardiovascular and immune systems, and metabolism, whilst processes of detoxification go on also. Brain health is also supported by good sleep.

Even though chronic insomnia can be difficult to resolve depending on its root cause, in Ayurveda we know that a few simple lifestyle and dietary adjustments, alongside some natural remedies, can go a long way towards relieving symptoms.

Try adding these "better sleep" suggestions to your new daily habits and to the Better Digestion tips I suggested in your quiz results. Who knows, you may find you are no longer lying awake staring at the ceiling, counting sheep or counting breaths!

Good sleep and good digestion are two of the cornerstones of a healthy, happy life and you'll be doing wonders for your longevity!



"GOOD SLEEP" LIFESTYLE TIPS

1. A regular daily routine brings balance to our body and mind, and this can support a regular sound sleep. Aim to wake, eat, work, play, sleep at regular times.
2. Overworking or over-doing any activity, especially computer work or stressful work, or pressuring our body and mind with tight deadlines can all bring stresses to the body and mind. Try not to work to stressful deadlines or to exhaustion. This can keep us awake in the early hours!
3. If your daily routine allows it, a little afternoon power nap. About 10 mins or so is said to be the optimum duration and it can really help to settle your system for a better night's sleep!
5. Try not to go to bed with a heavy stomach. Have your main meal of the day between 10am and 2pm and aim to eat a lighter evening meal 3 – 4 hours before bedtime. I'm amazed how it affects my sleep if I eat a little later than usual!
6. Avoid stressful conversations, arguments and stressful viewing, including adrenaline raising programmes, in the evening. The adrenaline effects will be with you long after you've finished, and your mind is likely to be restless.
6. Leave your work aside before supper, and until the next morning.
7. As far as possible, make the evening times for rest and peaceful interactions. Read a good book, take a warm bath, watch something that makes you laugh or makes you happy.
8. Include some exercise in your daily routine. A walk in nature, some deep stretching in Yoga or Pilates postures, can all support the stresses and tensions that keep us awake, to melt away.
9. Practice alternate nostril breathing morning and evening to help balance the nervous system and calm the mind. You can learn how to do this [here](#).

"GOOD SLEEP" NUTRITIONAL TIPS!

1. Avoid stimulating foods and drinks. Caffeine, sugar, alcohol and other stimulants are, of course, not going to help a sound sleep.
2. If you can't imagine going without your daily cup of tea or coffee, see if you can make a resolve not to drink them after midday. My Golden Milk recipe is a great replacement for your afternoon cuppa or sugary snack. It's just like a Turmeric Latte. <https://heartofenglandayurveda.com/2022/02/18/golden-milk-recipe/>
3. Remember to eat lightly and 3-4 hours before bed in the evening, avoiding heavy, oily and spicy foods.
4. Golden milk again later in the evening will help to keep blood sugar balanced to support a better sleep.
5. Alternatively, try a cup of valerian or chamomile or lavender tea, perhaps with a tspn of raw local honey in the evening.
6. Avoid skipping meals or going for long hours without eating. Remember...regularity of routine includes regular meals. This all supports the balance we are looking which supports better sleep.



AYURVEDA-YOGA SLEEP PREPARATION TIPS!

1. Put your devices away in the hours before sleep. The blue light from screens can keep you awake.

2. Enjoy the [Evening Preparation for Sleep Practice](#) on my YouTube channel

3. Take a warm evening bath in Epsom salts. Plus add a little cold pressed organic oil to help combat the drying effects of the salts. The magnesium in the salts will calm your nervous system.

4. Here is a lovely sleep drink. Add a cup of warm dairy/non-dairy milk to a small saucepan. Add to this a pinch of cinnamon, a date, two Brazil nuts, four almonds and even a little Brahmi powder. Bring to the boil, heat on a gentle heat for a short time. You will see the nut oils in the milk. Then strain and enjoy!

5. Apply 20mls of warmed cold pressed sesame oil to the whole body. You can leave this on overnight, though old pyjamas/nightwear is recommended. The heaviness of the oils will help your sleep. Put the oil in a small jar/bottle and heat in a bowl of boiling water or in a baby bottle warmer. Don't apply the oil cold. Stay warm after applying.

6. Alternatively, just before you get into bed, apply the warm oil to your temples, third eye point (between and just above the eyebrows), and to the soles of the feet.

7. Practice minutes' Alternate Nostril breathing on your bed, before lying back to sleep. Learn how [here](#).

8. Once you lie back to sleep, try resting your hands on your lower belly, and create a regular breathing pattern (3 or 4 count inhalations and exhalations), sensing that the breath rises and falls underneath your hands.

9. As you do this breath practice, try also getting a sense of letting go, letting go into nothingness, or emptiness, or the depths of being by relaxing into the end of your exhalations.

Sleep has to be accompanied by the readiness to let go and move into the depths of being. Sleep is like an act of faith as we surrender into the unknown and into the unmanifest dimensions of being. Drop deeply into the softness of your bed with this remembrance.

For More Sleep Support:

Book an Ayurveda 1-1 Consultation

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