

# Yoga for Bedtime

**Need help sleeping? Doing yoga exercises before bedtime can be just what you need**

*Tara Stiles*



## **Short Meditation**

Sit up in bed comfortably, either with your legs folded or straight in front of you; whatever you can do with the most ease. Sit up and lean slightly back on your pillows or backboard. Close your eyes and rest your hands on your thighs and just breathe here for a few minutes. This doesn't have to be a serious meditation but just a short while to do nothing but breathe.

## **Seated Twists**

Stay in your seated position and twist around to the back of your bed. If you have a backboard you can grab onto that to help your twist. Breathe into the twist for a few breaths and then try the other side.

## **Easy Forward Bend**

Keep your seated position and gently bend forward at your hips and let your hands stretch out straight in front of you on the bed. This will feel good in your hips and your whole back.

## **Legs Extended Forward Bend Flat Back**

Slowly start to straighten your legs in front of you. You can keep your knees bent slightly since we are working towards sleep here instead of the power yoga move of the day. Reach towards your feet with your knees bent and keep your back flat. Bend your knees as much as you need to keep your back flat. This is a really nice hamstring stretch.

## **Legs Extended Forward Bend Round Back**

Keep your legs extended out in front of you and round your back gently over your legs. This is a nice stretch along your spine.

## **Lying Down Knee to Chest**

Roll back down on your back and rest your head on your pillow. Bring one knee into your chest and grab your shin to pull it closer to you. Breathe here for a few breaths. This lengthens your extended leg and loosens up your hip. Switch legs and do the other side.

You can also do a Knee Hug by hugging both knees into your chest and rocking slowly side to side on your back.

## **Hamstring Stretch**

Extend your leg straight up to the ceiling. Grab behind your knee or closer to your ankle. Keep the leg

straight and slowly start to bring it closer to your head on each exhale. Try the other side. Remember to stay gentle with these stretches--almost like you are half-doing them. This will help you drop any tension left in your body before bed.

### **Half Happy Baby**

Bend your knee again and flex your foot to face the ceiling. Grab the outside of your foot with the same arm as foot and bend your knee towards your armpit. You can also do this with both feet at the same time.

### **Bend Knee Lying Down Twist**

Bend your knee back into your chest and twist your leg across your body. Turn your head in the opposite direction and bring your arms out to a T shape. Make sure to do the other side.

### **Knee Hug**

Hug both knees into your chest and rock slowly side to side on your back. Let your whole back relax into your bed.

### **Savasana**

You're almost there. Extend both legs out straight into a savasana position. Rest here for a while. If you prefer to sleep in this position then you're all set and have a great sleep.

### **Sleep**

The best yoga position: sleep. Roll over on to your side and enjoy your night of rest.



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