

REAL-LIFE SLEEP SOLUTIONS

Your Guide to Reducing Stress, Navigating
Shift Work, Sleep Disruptions and Insomnia



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"It's very important that we re-learn the art of resting. Not only does it help prevent the onset of many illnesses that develop through chronic tension and worrying; it allows us to clear our minds".
- Thich Nhat Hanh

Welcome!

Welcome to ***Real-life Sleep Solutions***.

Together, we'll study the science of sleep, including sleep hygiene, and explore proven practices to help you achieve deep, restorative rest. Along this journey, you'll discover how to quiet an overactive mind, reduce anxiety, release stress and tension, optimize your sleep cycles, and wake up feeling refreshed and energized. Get ready to transform your sleep and reclaim the power of deep, restorative rest!



TiAnne

The Scientific Benefits of Good Sleep



**STRENGTHENS
IMMUNE FUNCTION**



**REDUCES STRESS
& ANXIETY**



**ENHANCES
COGNITIVE
FUNCTION**



**INCREASES
EMOTIONAL
RESILIENCE**



**SUPPORTS
WEIGHT
MANAGEMENT**



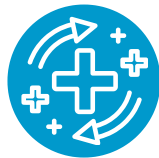
**IMPROVES
MEMORY**



**RESTORES
ENERGY LEVELS**



**INCREASE OVERALL
WELL-BEING**



**ENHANCES
PHYSICAL RECOVERY**



**ENHANCES
CREATIVITY**



**ENHANCES ATHLETIC
PERFORMANCE**



**REDUCES RISK
OF DISEASE**



**PROMOTES
HEART HEALTH**



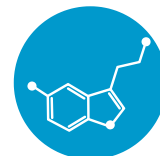
**IMPROVES
LEARNING**



BOOSTS MOOD



**BETTER SLEEP
QUALITY**



**HELPS REGULATE
HORMONES**



SLEEP SCIENCE

Sleep Architecture

Sleep is a cycle of stages: **REM** and **NON-REM**.

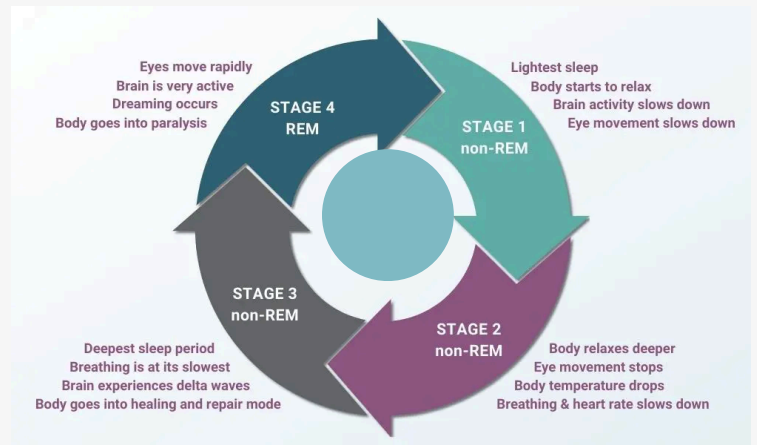
- **Duration:** Each sleep cycle lasts approximately **90 minutes**, repeats 4-6 times per night.
- **Stages:**
 - **Stage 1 (NREM 1):** Light sleep; transition from wakefulness.
 - **Stage 2 (NREM 2):** Deeper sleep; body temperature drops, heart rate slows.
 - **Stage 3 (NREM 3):** Deep sleep; essential for physical restoration and memory consolidation.
 - **REM Sleep:** Rapid eye movement; dreaming occurs; brain activity resembles wakefulness.

Circadian Rhythms

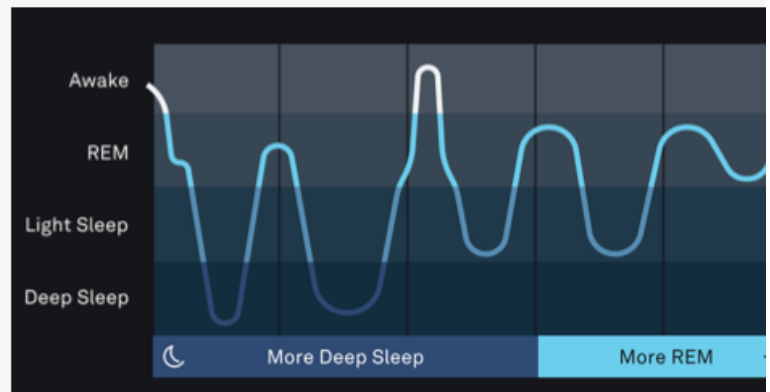
Our **internal 24-hour clock** regulating sleep-wake cycles.

- **Key Influencers:**
 - **Light Exposure:** Signals the brain to adjust melatonin production, influencing sleepiness.
 - **Meal Timing:** Eating patterns can reset peripheral clocks in organs.
 - **Physical Activity:** Regular exercise helps maintain rhythm stability.

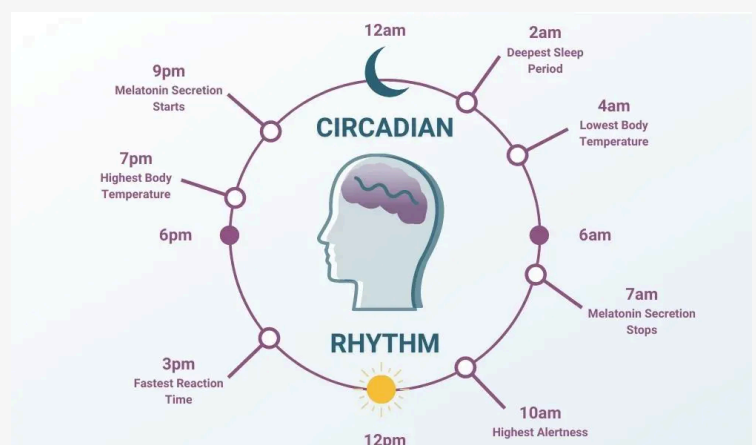
Sleep Stages



Sleep Cycle



Circadian Rhythm



SLEEP HYGIENE

Healthy sleep habits align with the body's natural circadian rhythms, or "biological clock," which regulate the sleep-wake cycle, hormones, and energy levels. Consistent routines and a sleep-friendly environment support these rhythms, reducing sleep disturbances and promoting restorative sleep for overall health and cognitive function. **Here are four ways to improve your sleep hygiene.**

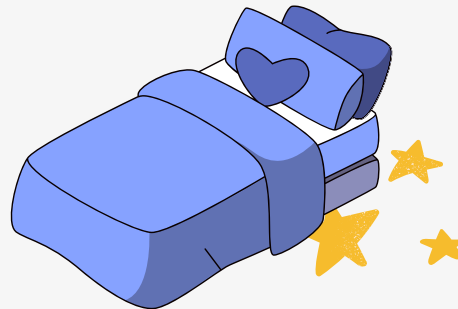


01 Set a Consistent Sleep Schedule

Try to go to bed and wake up at the same time every day, even on weekends.

02 Check Your Sleep Environment

Make sure your bedroom is dark, quiet, and cool.



03 Relax Before Sleep

Do calming activities before bed, such as reading, meditation, or listening to calming music.

04 Manage Stress

Find ways to manage stress such as relaxation techniques, meditation, or journaling.

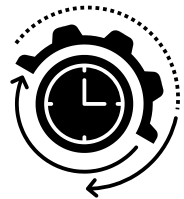


SLEEP TIPS FOR SHIFT WORKERS

Shift workers often face challenges in maintaining healthy sleep patterns due to irregular schedules. To improve sleep quality, it's essential to establish a consistent sleep routine, even on days off, to help regulate the body's internal clock.

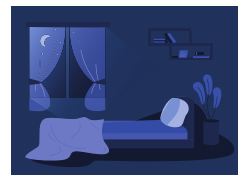
01 Maintain a Consistent Sleep Schedule

As best as you can, go to bed and wake up at the same times every day, even on days off, to help regulate your body's internal clock.



02 Create a Sleep-Friendly Environment

Keep your bedroom cool, dark, and quiet. Use blackout curtains, eye masks, and earplugs to block out light and noise.



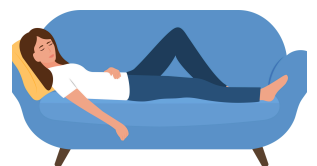
03 Limit Caffeine and Alcohol Intake

Avoid consuming caffeine and alcohol several hours before bedtime, as they can interfere with your ability to fall and stay asleep.



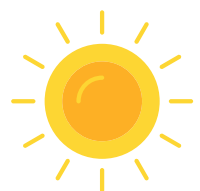
04 Take Short Naps When Needed

A 20-30 minute nap, especially before your shift can boost alertness and performance.



05 Use Light to Your Advantage

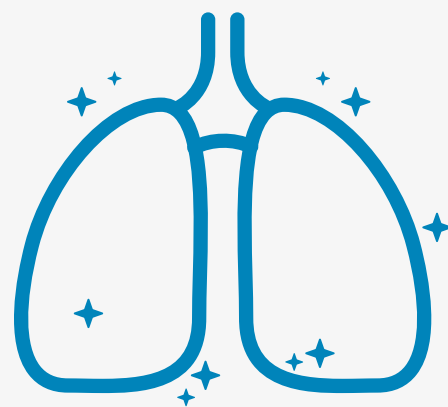
Expose yourself to bright light during your shift to stay alert, and minimize light exposure on your way home to help signal your body it's time to sleep.



SLEEP SOLUTION PRACTICES

1 Breathwork

Your breath is a powerful tool for promoting deep sleep and activating your body's natural relaxation systems. By practicing intentional breathing techniques, you can soothe your nervous system, quiet your mind, and prepare your body for deep, uninterrupted sleep.



2 Mindfulness

Mindfulness meditation can **help quiet and clear our busy minds**, creating the mental calm necessary for achieving deep, restorative sleep. Research shows that we have about 70,000 thoughts daily, keeping our minds constantly active—even when it's time to rest. Through regular meditation practice, you may experience a range of benefits, such as easing into sleep more effortlessly, reducing nighttime anxiety, and soothing a racing mind.



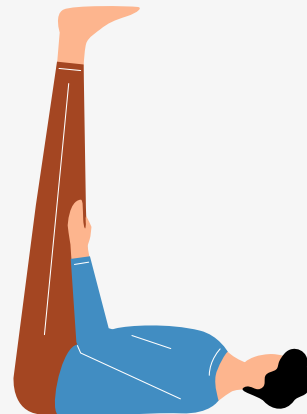
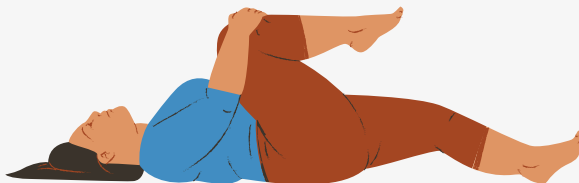
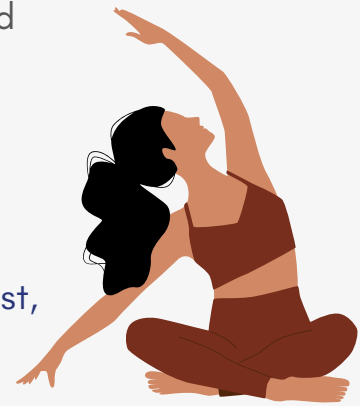
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Physical Relaxation

Releasing tension in the body through **Restorative Relaxation**, **The Tense and Release Technique**, or using **Rhythmic Movement**, especially when focused on specific areas of the body, releases accumulated stress and tension, and helps the body comfortably relax and rest.

This manual will show you how to do:

- **Backbends:** Release tension in the shoulders, chest, and abdomen.
- **Forward Bends:** Stretch and lengthen the spine and hamstrings.
- **Twists:** Relieve stress and tightness along the spine.
- **Hip Openers:** Loosen and open tight hips



BREATHWORK PRACTICES

Guiding your breath can directly activate the body's natural rest and recovery systems, preparing you for deep, restorative sleep. It's the most accessible and powerful tool for calming the mind and reducing stress to support a peaceful night's rest.

“

When the breath wanders the mind also is unsteady. But when the breath is calmed the mind too will be still”. ~ Svatmarama

1 Soft Belly Breath

A simple and effective breathing technique to quickly calm and relax your mind and body.

Step 1: Place your hands on your belly and gently guide your breath to flow in and out, focusing on your belly's movement.

Step 2: As you inhale, silently say “**soft**”.

Step 3: As you exhale, silently say “**belly**.”

Repeat as needed. If thoughts arise, allow them to come and go, gently bringing your awareness back to your soft belly breathing.



2 Long Calm Breath

A powerful breathing practice to center your mind, calm your body, and promote relaxation.

Step 1: As you inhale, silently say “**long**”.

Step 2: As you exhale, silently say “**calm**.”

Repeat as needed. If your mind wanders, simply guide your attention back to your breath with patience and kindness.



BREATHWORK PRACTICES



3 Release & Let Go Breath

A soothing breath practice to release mental and emotional stress. Visualize anything you wish to let go of being carried away with each exhale.

Step 1: Inhale deeply through your nose.

Step 2: Exhale slowly and fully through your mouth, making the exhale longer than the inhale.

Repeat as needed, allowing each breath to help you feel lighter and more at ease.

4 Heart-Centered Breath

This beautiful breath brings energy and awareness to your heart-centre. It is highly beneficial for emotional stress, cultivating calm and compassion.

Step 1: Place one hand on your belly and the other on your heart.

Step 2: With each breath, visualize it flowing gently through your heart center.

Step 3: As your breath moves through your heart center, bring to mind someone or someplace you love, letting that feeling of love expand.

Repeat as often as needed, allowing your heart to fill with warmth and tranquility.



MINDFULNESS MEDITATION

Here are four meditation practices that can help quiet your racing mind, clear mental clutter, and prepare you for **deep, restorative sleep**.

01 PALMING MEDITATION



This practice rapidly promotes a deep sense of calm and mental clarity.

Step 1: Vigorously rub your palms together to generate warmth.

Step 2: Gently place your palms over your face, either lightly touching or hovering just in front.

Step 3: Shift your focus to the soothing warmth radiating from your palms

BLUE SKY MEDITATION

02

Blue Sky Meditation is an excellent practice for relieving mental and emotional stress while calming and clearing the mind.

Step 1: Find a comfortable position, either sitting or lying down.

Step 2: Close your eyes and visualize a vast, clear blue sky stretching endlessly.

Step 3: If distractions arise—such as thoughts, feelings, or sensations—imagine them as clouds drifting across the sky. Gently bring your focus back to the open, tranquil blue sky.



MINDFULNESS MEDITATION

03 BODY SCAN MEDITATION



Body Scan Meditation helps you reconnect with your physical self, fostering awareness and releasing physical tension.

Step 1: Find a comfortable position, either sitting or lying down.

Step 2: Close your eyes and gradually bring your attention to your body. Begin at your feet, then move up through your legs, torso, hands, arms, neck, and head.

Step 3: Pause at each area to notice physical sensations—such as *tingling*, *warmth*, *tightness*, or *softness*.

04 YOGA NIDRA MEDITATION



Yoga Nidra Meditation is a deeply restorative practice that relaxes the body, quiets the mind, and fosters profound inner calm. It connects you to your wisdom body—your inner Truth. Known as "yogic sleep," one hour of Yoga Nidra is said to be as rejuvenating as four hours of deep sleep. A Yoga Nidra session can serve as a powerful and efficient reset when you're short on rest.

Step 1: Find a comfortable position, either sitting or lying down.

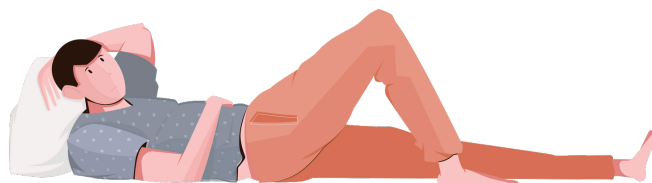
Step 2: Close your eyes and follow the soothing guidance of a teacher as they lead you through the meditation.



PHYSICAL RELAXATION

Rhythmic Movement, The Tense and Release Technique, and Restorative Relaxation are powerful tools for achieving deep sleep by releasing everyday stress and tension, helping your body to relax and rest. Each of these techniques can be done either seated, lying in bed, or while resting in **Restorative Relaxation**.

- 1** **Rhythmic Movement**, (think rocking a baby), is very calming for the body and mind.
- 2** **The Tense and Release Technique** helps release tension and stress from the body..
- 3** **Restorative Relaxation** invites us to rest in stillness, activating the parasympathetic nervous system—responsible for slowing your heart rate, increasing blood flow to vital organs, and helping ease you into deep rest.



RESTORATIVE YOGA POSES

01 RECLINED POSE



Benefits

- Releases tension in the shoulders, chest and belly

Precautions

- If you experience discomfort in the neck, back, or knees, use additional blankets or props for support and ease.
-

02 CHILD'S POSE



Benefits

- Relieves tension in the spine, lower back, shoulders, and abdomen.
- Gently opens the hips.

Precautions

- Can be modified by bringing the knees apart for added comfort.
-

03 SIDE-LYING RELAXATION



Benefits

- An excellent alternative for relaxation if lying on your back is not an option.
- Promotes a deep sense of calm.

Precautions

- If you experience discomfort in the neck, lower shoulder, or hip, use extra blankets or props for added support and ease

RESTORATIVE YOGA POSES

Benefits

- Helps reduce tension in the legs, lower back, and feet, while improving circulation and promoting relaxation.

Precautions

- If you experience discomfort in your lower back, place a cushion or bolster under your hips for support.
- Pregnant individuals should consult with a healthcare provider before practicing this pose.

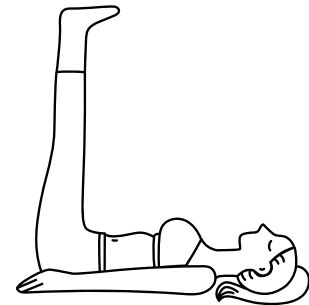
Benefits

- Deeply relaxes the body and mind, promoting stress relief.
- Reduces tension and promotes overall well-being.

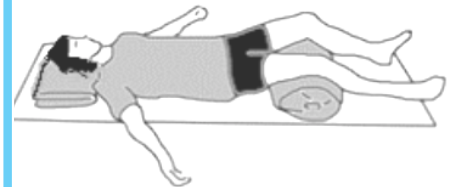
Precautions

- If you experience discomfort lying flat on your back, use props like blankets or cushions for support.
- Avoid if you feel lightheaded or have issues with blood pressure; try a modified position such as reclining with the legs elevated.

04 LEGS-UP POSE



05 SAVASANA



*May your sleep be deeply
restful, rejuvenating, and
peaceful.*

Tianne Allan

A FEW OF MY
FAVOURITE QUOTES:



YOGA WITH TIANNE

“

“It is in the stillness of the mind that we find the most profound rest.”

– Eckhart Tolle

“Sleep is the best meditation.” – Dalai Lama

“Sleep is the golden chain that ties health and our bodies together.”

--Thomas Dekker

"Sleep is the single most effective thing we can do to reset our brain and body health each day" -
Dr Matthew Walker

“Tension is who you think you should be.
Relaxation is who you are.”

—Chinese Proverb