

## Sleep Problems and Insomnia

You lay awake all night, thoughts chattering away and then just before the alarm goes off you drift off to sleep! Sound familiar?

Not getting enough sleep can leave us feeling tired, irritable, over emotional and struggling to focus during the day. It also makes us more accident prone and has even been linked with weight problems. Yet so many people struggle to get enough quality sleep.

There are many ways to help us get those elusive 8 hours a night and here are some of our favourites:

- ✓ Take a warm bath before going to bed, it helps to raise the temperature which encourages the body to prepare for sleep.
- ✓ Cut down on tea, coffee, fizzy drinks and alcohol – these all need to be processed in the liver and whilst this important organ is doing its job, the activity is keeping you awake.
- ✓ Turn the TV or computer off at least 30 minutes before bedtime. The rapid flashing images on the screen cause the brain to think it is in a dangerous situation and actually stimulates your fight or flight response, making it harder for you to switch off when you go to bed.
- ✓ Practise meditation. Scientific research shows that 30 minutes of good meditation is worth up to 2 hours of sleep!
- ✓ Try Dru Yoga. Many of our students tell us that they get the best night's sleep all week after attending one of our classes.

To find out more about we can help you get a good night's sleep contact us on [isabel.yogainsideout.co.uk](mailto:isabel.yogainsideout.co.uk)