




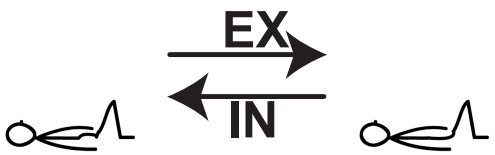



Strategies to get back to sleep

Use any or all of these strategies if you wake in the middle of the night. The key is to stay focused on the strategy and to stay present in space, time and breath in your body. Notice whenever you slip into the thought loop, and return to your strategy.

1		<p>"L.E.S.S. " = The Breath of Sleep:</p> <p>Light Easy Soft Slow</p>	<p>Count down 10 exhales from 10 to 1 Mouth open on exhale Use the "L.E.S.S" technique Light mental focus. Brief pause after each exhale</p>
2		<p>6-point breath movement</p>	<p>Move breath to each point:</p> <ol style="list-style-type: none"> 1. Heart 2. Middle of left shoulder 3. Middle of left thigh 4. Navel 5. Middle of right thigh 6. Middle of right shoulder <p>a. Do a round of 1 breath at each point. b. Then a round of 2 breaths at each point. c. Then a round of 3 breaths at each point.</p>
3		<p>Thumb slides - slide thumb from base to tip of each successive finger.</p>	<p>a. Do one round on each finger of right hand, then on left hand - sliding thumb on exhale. b. Do another set sliding thumb on light pause after exhale.</p>
			<p>On exhale, move head slowly from one side to another.</p>

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4		Micro-movements	Repeat several times
5		Micro-movements	<p>On exhale, lift one shoulder 1". On inhale, relax shoulder. Alternate sides</p> <p>Repeat several times</p>
6		Micro-movements	<p>On inhale, arch lower back On exhale, flatten lower back</p> <p>Repeat several times</p>
7		Tongue in cheek	<p>On inhale, gently press tongue into cheek On exhale, release</p> <p>Alternate sides several times</p>