
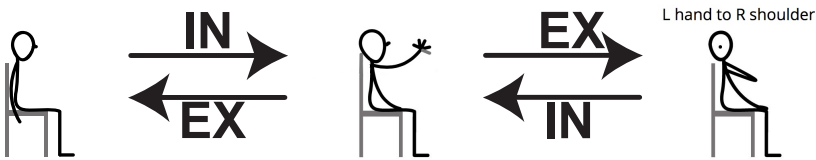
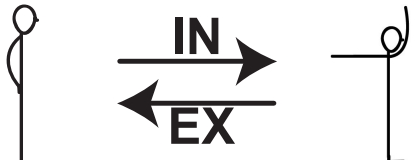


Yoga Breaks to Foster Better Nighttime Sleep

Take a break throughout your day to do any or all of these yoga "snacks." They are designed to improve respiration, focus the mind (and therefore getting out of the default "worry loop") and calm the central nervous system.

1		<p>Left nostril inhale Right nostril exhale</p>	<p>Repeat 10-20 breath cycles.</p> <p>Keep your focus on the nostril technique and the sensation of air flowing in and out.</p> <p>Try to move into the space before thoughts and feelings arise.</p>
2		<p>Sit tall, feet on floor, hands on lap.</p>	<p>On inhale: sweep left arm to side, spreading fingers; turn head left. On exhale: bring left hand to right shoulder; turn head right. On inhale: sweep left arm back out to side, spreading fingers, head turned left. On exhale: release left arm to lap, head to center.</p> <p>Repeat entire sequence 6x, alternating sides (3x to each side).</p>
3		<p>Stand with arms at sides.</p>	<p>On inhale, sweep one arm up and the other arm to shoulder height. Pause for a microsecond. On exhale: release arms to sides.</p>

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			Repeat 6x, alternating sides.
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