



## Five Elements for Sweet Slumber:

### 1 / SPACE

Create a bedtime zone of quiet comfort. Before turning down the covers, sit outside or just open window. Notice night sky. Wish on a star. Breathing fresh air and looking at nature relaxes body and calms mind. Ban portable electronic devices from nightstand. Replace them with a calming aromatherapy spritz. Spray onto pillow and sleep like a baby.

### 2 / AIR

Air element relates to breath, and according to Ayurveda, governs the mind/nervous system. Therefore, calming breath at bedtime calms the nervous system, preparing you for a deep, restful sleep. Lie on bed with hands at your belly. Do 10 slow, gentle breaths.

### 3 / FIRE

While children may worry about monsters in the closet, many adults have monster worries in their minds at bedtime, which cause them to toss and turn all night. Create a gratitude journal to keep in nightstand. Write down three things during your day that made you feel happy. Giving thanks switches on the heart light, dispelling dark worries and helping you enjoy sweet slumber.

### 4 / WATER

For sound snooze, lighten up on booze. Although alcohol may help one fall asleep, it disturbs the deep, restful REM phase. Instead, drink a glass of warm milk before bedtime. Nut milks are fine, but according The Open Sleep Journal study, certain proteins in cow's milk activate relaxing neurotransmitters in the brain that contribute to deep sleep. Add pinch of nutmeg to milk for an Ayurvedic nightcap.

### 5 / EARTH

Ground your body and calm the mind with breath awareness meditation. Sit on blanket or pillow. Close eyes and place hands over heart center. Imagine sturdy roots at legs and base of spine extending deep into the earth. For 3-5 minutes, take slow, deep, and rhythmic breaths in and out through the nose. On every exhale, release stress. On every inhale, visualize aspects of your life where you receive support.

Sweet dreams!