

Getting a Good Night's Sleep (from GuruKaur.com)

Environment

- Open the window and have fresh air
- Make sure the central heating is off – it dries the air (and the skin)
- Make sure that the room is as dark as possible when the light is switched out
- Create a calm and restful atmosphere in the bedroom with as few distractions as possible: no photos, no computers, no mess
- I find that I sleep better when the bed is roughly orientated east-west rather than north-south
- Choose a hard mattress, with a pillow the right height to support your head comfortably when you lie on your side. Your sleeping posture is key, your spine needs to be naturally straight
- Have bedding which is natural and the right weight for you, the season and the climate – I have an under-blanket, pillow and duvet from White Cloud Trading
- Use a Sunrise simulator clock (eg. Lumie), which gently dims the light to darkness in the evening and from darkness to light in the morning over a 30 minute period. I love mine!
- Read recipe books with short chapters. It's easy to read a page and stop.
- Wake up naturally whenever possible

Prepare for a good night's sleep during the day

- Have a short nap of 10 minutes after lunch if you need
- Get a good amount of physical exercise, an hour's walking is excellent (I walk my dog, Millie)
- Make sure you eat enough so that you're not hungry when you go to bed, but also not too much that you're overfull, and don't eat for at least 2 ½ hours after the last meal
- If you eat in the evening, go for a walk afterwards
- Go to bed at a regular time each night, if possible :)

In the kitchen

- Boil a couple of lettuces in some milk and then drink the milk

In the bathroom

- Brush your teeth and clear mucous from your throat
- Clean your nose and apply olive or almond oil to the inside of the nostrils –
- Wear a nasal strip (eg. Breathe Right) to open the nostrils and enhance your breathing

- Comb your hair forehead to the nape of neck and then plait it
- Pee
- Drink a glass of water so that you don't go to sleep thirsty (but not so much that you have to get up in the night)
- Wash your feet with cold water, rub your feet with a coarse towel and then massage in some oil

In the bedroom

- Sit and gently close off the right nostril with the right thumb and breathe through the left nostril, long and deep
- On the floor do a short Kundalini Yoga set which helps sleep. This is the one I like best: Sit on the floor with the legs stretched out in front with the heels together, lean forward from the hips and grab the toes, or whatever you can reach, eyes closed and breathe long and deep. Next come into bridge pose with the feet on the floor facing forward and the hands on the floor under your shoulders, arms straight, so that the body from the shoulders to the knees is flat with the back facing the floor. Then gently raise the head up to bring the chin onto the sternum and then lower it backwards, and continue in a slow and graceful motion. Finally, come into a shoulder stand. If you can't do shoulder stands, then lie back on the floor and raise your head to bring the chin onto the sternum.
- If the weather is very hot and your legs are fidgety or swollen then lie on your back with your arms and legs straight up vertical, like an upturned table, and breathe long and deep.

In bed

- Lie down in bed on your stomach with your right cheek down, make fists with the hands and place them under the crease of the leg and the groin. Start breathing slowly and relaxing the body
- Turn to the right side and keep breathing deeply and gently fall asleep
- Clear the mind: I like to visualise putting any thoughts I don't want to think again in a hot air balloon and then letting it float away; I also keep a notebook by my bed to jot down anything important - once it's written down I don't need to remember it
- As you go to sleep mentally go through all the things that you are grateful for