



# YOGA POSES TO HELP WITH SLEEP

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## How Can Yoga Poses Help with Sleep?



- Yoga helps the mind and body relax, making falling asleep a bit easier.
- Yoga can also improve quality of sleep and reduce stress and worries.
- Yoga can increase blood flow, helping to release toxins from the body, which can calm the mind.

## Crocodile Pose

**Benefits:** Relaxes the spine, shoulders and front body, reduces anxiety

**How to do it:**

- 1) Lie down on your front body, with your head resting on your hands like a pillow. Your tummy and front legs should be on the floor or bed.
- 2) Take long, slow breaths in, relaxing here for as long as feels good. You might imagine you're a boat, rocking gently from side to side.



## Child's Pose

**Benefits:** Calming for the mind, stretches arms, shoulders and back

**How to do it:**

- 1) Sit kneeling with your big toes touching and your knees about hip width apart. Take a breath in and as you breathe out, lower your tummy to your upper legs, head down towards the floor and stretch your arms out on the floor.
- 2) Take long, slow breaths in, relaxing here for as long as feels good. You might imagine being a small animal, safe in their home.



## Happy Baby

**Benefits:** Playful and relaxing, massaging for back

How to do it:

- 1) Lying down, with your back on the bed or floor, bend your knees in towards your chest. Catch hold of your feet with your hands and gently open your legs out, pushing your feet into the air and knees towards the armpits.
- 2) Take long, slow breaths in, relaxing here for as long as feels good. Gently rock from side to side, feeling your back gently being massaged. Think about your happy place - where would this be? Who would be there? What could you see, hear, touch, taste and smell?



## Sleeping Butterfly

**Benefits:** Stretches hips and legs, calming

How to do it:

- 1) Sitting up, place your legs in a diamond shape. Gently lower your body to lie down on the floor, using your hands to help. Keep your legs in the diamond shape and place your arms wherever feels comfy.
- 2) Take long, slow breaths in, relaxing here for as long as feels good. You might imagine your legs as butterfly wings. Maybe you might flap them, imagining where you might fly to.

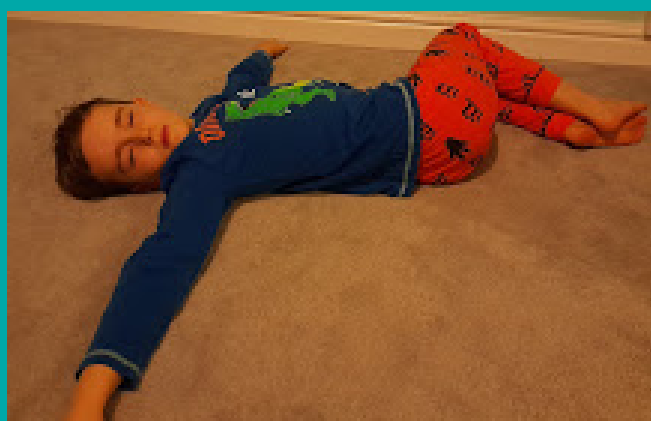


## Supine Twist

**Benefits:** Good for blood flow, relieves tension in neck and lower back, calming

How to do it:

- 1) Lie comfortably on bed or floor, with your arms in a T shape. Bend your knees, with your feet on the floor. As you breathe out, drop your knees to the right. You might turn your head to look towards the left.
- 2) Take long, slow breaths in, relaxing here for as long as feels good.
- 3) When you are ready, bring your knees and head up to centre and repeat on the left side, dropping knees down to the left and looking over to the right. You might imagine a rope being twisted and a special golden potion being released with the twist.



## A final note...

The poses above can be used by you and your child at bedtime. You can stay in each pose as long as you wish. You might choose to do them on the floor or in bed.



These are just ideas...maybe you can think of your own poses that make you feel calm and relaxed.

Remember you might feel a bit of tension but you should never feel pain when doing this - always listen to what your body is telling you and try to notice how things feel.

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