



THE CHOPRA CENTER

Restful sleep provides the foundation for your mental and physical well being. After a day of stimulating activity your body is ready for and needs deep sleep. We recommend a minimum of 7-8 hours of restful sleep each night for maximum rejuvenation. Hours of sleep before midnight are generally the most rejuvenating.

Therefore, if you are sleeping eight hours between ten P.M. and six A.M., you will feel more rested than if you slept eight hours between midnight and eight A.M. If you would like to integrate a few tips into your daily routine, read below.

- Eat a relatively light dinner
- Take a leisurely stroll after dinner
- To the extent possible, minimise exciting, aggravating, or mentally intensive activities after 8:30 P.M.
- About an hour before bedtime, run a hot bath into which you place a few drops of Relaxing Abhy Oil
- Diffuse relaxing aromas in your bedroom.
- As your bath is running, perform a slow self-administered oil massage and then soak in the warm tub for ten to fifteen minutes.
- While soaking, have the lights low or burn a candle, and listen to soothing music
- After your bath, drink a cup of warm relaxing herbal tea.
- If your mind is very active, journal for a few minutes before bed, “downloading” some of your thoughts and concerns so you don’t need to ruminate about them when you shut your eyes.
- Read inspirational or spiritual literature for a few minutes before bed. Avoid dramatic novels or distressing reading material.
- Do not watch television or do any work in bed.
- Once in bed, close your eyes and simply “feel your body” – this means focus on your body and wherever you notice tension, consciously relax that area.

Then, simply watch your slow easy breathing until you fall asleep.

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