

Sleep Better In 4 Steps

1 Do NOT feel guilty for not being able to sleep.

2 Lie still. Your body is resting. It is ok. Direct your thoughts into something positive. Keep repeating this.

3 Have your morning ritual: short exercise, tummo breathing and ending your shower cold. You will feel good through the day. End negative thoughts through the day with “but I am ok”.

4 Take a little nap mid day if possible. 20 minutes is enough.

More info

More info about tummo breathing: <https://youtu.be/XZXmqyxru-8>

More info about my morning exercises: <https://youtu.be/LEYIr4TJOM8>

For beginners check this video: <https://youtu.be/SH09zBwsK1A>

More info about ending your shower cold: <https://youtu.be/-m4GFrHDJV8>