3 Tips for Better Sleep With Ayurveda

Getting enough sleep and rest is the best medicine we can give to ourselves. Being sleep deprived overtime depletes our *ojas*, and vitality, leading to a weakened immune system and chronic illness.

If you have difficulty getting to sleep or staying asleep, here are some Ayurvedic tips that can help you get the rest you need to stay vibrant and healthy.

1. **Establish a regular sleep and wake times to balance all three doshas**

   Go to bed by 10 pm. According to the Ayurvedic clock, the doshas govern different aspects of time. Get to bed by 10 pm, which is the onset of one of the Pitta-governed times of the day. During the late evening and into the night, Pitta dosha governs the cleansing and healing aspects of our body, healing you from the inside.

   Wake by 6 am. Vata dosha governs the early hours of the morning, from 2 am – 6 am, a time of receptivity where time of meditation, prayer and spirtitual practices are enhanced. Kapha dosha governs the morning from 6 am -10 am, bringing with it the qualities of grounding and calm.

   Waking before 6:00 am during Vata time and before Kapha time begins, makes you less groggy and tired throughout the day.

2. **Create a relaxing evening routine**

   Give your body the cue that it's time to wind down about an hour before your bedtime:

   - Turn off all electronics: tv, cell phone, computer
   - Spend time in meditation*, journaling
   - Gentle yin yoga or restorative yoga *
   - Take a shower or bath
   - Give yourself a gentle foot massage with warm oil that is best for your dosha or use Sleep Easy Oil from Banyan Botanicals

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3. **Make your bedroom a sanctuary**

- Find the perfect mattress. Your mattress should be somewhat firm, but not overly so, to allow for a natural curve in your spine.
- Get the right linen. Sleep on sheets made from organic natural fabrics- cotton, bamboo or silk. Consider flannel sheets to keep you extra cozy in the fall and winter months.
- Use calming and relaxing essential oils. Essential oils, such as lavender, mandarin, and neroli, are known for their calming and relaxing properties. Use a plug-in oil diffuser in your bedroom at night or mist your sheets with a spray of essential oil in distilled water.
- Color your mood. Color can play a huge part in affecting our mood and behavior. Light pastels and muted colors create a sense of calm and help you ease into sleep.

Resources:

*Yin Yoga Practice For Sleep with Travis Eliot:
https://youtu.be/sCy-X34o2eg?si=9M4x7IE33y1s1Mal

*20 min. Restorative Yoga with Christina :
https://youtu.be/mf0_U6G9WGQ?si=ifvw4KfVwRfFgNiE

*9 Minute Body Scan with Betty Brown:
https://youtu.be/wTKVNBazCag?si=LSSm6xhx3-qi01j-

* Yoga Nidra For Calm and Ease with Betty Brown:
https://on.soundcloud.com/HUqoyHaynzuLec4s5