



REWIRE YOUR BRAIN FOR SLEEP PROGRAM

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Welcome to your Rewire your Brain for Sleep Program

Please read this letter carefully before commencing your 28 days of Yoga Nidra and meditation. The purpose of this course is to teach you the key practices that are going to help you to achieve consistent and deep sleep, and thereby receiving all the benefits that this brings to your body, brain and overall health.

The course utilises two key practices. Firstly Yoga Nidra. Yoga Nidra, also known as 'yogic sleep', is a simplified form of an ancient tantric relaxation technique. The most general description of the practice is that it combines guided mental imagery with a specific yoga posture called Shavasana (or "corpse pose"). 20 minutes of yoga nidra practised correctly can be equivalent to 4 hours of restful sleep, meaning it is an essential tool for sleep recovery [1]

Secondly, we will practice mindfulness meditation. Regular practice is proven to reduce stress levels, facilitate deep sleep, heal anxiety and even release trauma [2] - as well as to support us through some of life's most difficult challenges such as loss, chronic stress and grief.

Some things that are vital to know before we begin. It is important to do the practices every day. Make a commitment to yourself now that no matter what you are going to find the time for this practice. Once you get through the 28 days (this is how long it takes to create a habit) [3] it should become embedded, just like brushing your teeth, which shouldn't need much motivation, but until then you may need to give yourself a little nudge on those days when your brain will be nagging you to watch Netflix or spend the time on Instagram.

If you follow the program closely, do the practices and commit to making the changes outlined, I do not doubt that you will start to see positive changes in your sleep. It is not only your sleep that will improve, this program will also help you to have a calm mind, less stress, more focus and concentration, and more energy, amongst a whole host of other benefits.

The first thing to do is to watch the "Introduction to the Program" video. This will explain the next steps and outline the journey we will take together

If you have any questions along the way or if you'd like some more support from me in the form of a 1-1 session then email info@sionjones.org

With love

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References

1. Kumar K. A handbook of yoga-nidra. D. K. Printworld (P) Ltd, New Delhi, p. 260. 2013. ISBN 13: 978-8124606858
2. <https://www.ptsduk.org/meditation-and-ptsd/>
3. <https://ultimatefitnessbirmingham.co.uk/28-days-create-a-habit/>