

# Stretch Nightly, Sleep Soundly

In the quest for better sleep, there's something simple you can do: Stretch. Studies suggest that meditative movements, such as those found in yoga and tai chi, can improve:

» How well you sleep

» How long you stay asleep

» How quickly you fall asleep



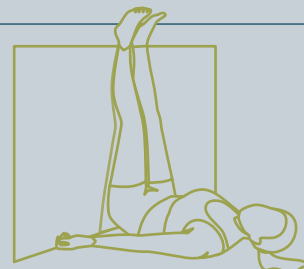
## Child's Pose

Kneel on the floor, then sit on your feet. Your knees can be out wide or touching. Lean forward, resting your chest on your thighs and forehead on the floor. Stretch your arms above your head. Relax into this position for up to five minutes.



## Cat-Cow

Start on all fours, with hands slightly in front of your shoulders and knees under hips. Inhale and dip your belly down, opening through your chest. Hold. Then exhale, tucking your chin and lifting your belly button in and up. Move through this sequence several times.



## Legs-Up-the-Wall Pose

Sit near a wall and swing your legs up it. Lie back, with your hips touching the wall or up to a few inches away. Rest in this position for up to five minutes.



## Don't Forget to Breathe

While you're stretching, focus on taking slow, controlled breaths. Pairing your breath with your movement can make it easier to slip into a state of relaxation, sending you off to sleep.