



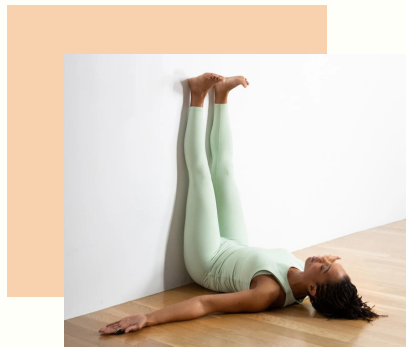
What Is It?

Yoga, mindfulness, and breath work are holistic practices incorporating aspects that influence both body and mind to help promote wellness. These practices can help relax the body and mind and lessen stress, which can promote sleep.

Yoga Poses to Promote Sleep

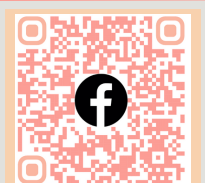
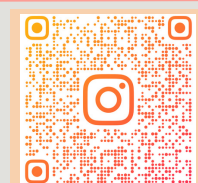
Legs Up The Wall

- Sit on the ground and hug your knees to chest
- Roll onto your back and swing legs up the wall
- Legs can be close to the wall or further away, based on comfort



Bound Angle Pose

- Bend knees and let feet come together
- Support knees with more pillows or stuffed animals as needed
- Rest arms comfortably by your sides



Mindfulness Exercises to Promote Sleep

Body Scan:

- Notice the sensations in your body and your breathing
- If your mind begins to drift off, notice that it is drifting and bring yourself back to awareness of your breath and body
- If you notice an area of your body that feels tight, release a big exhale and try to relax your muscles

Mantra:

- Find a comfortable position for your body
- Repeat a simple phrase that will prepare you to fall asleep, such as "I allow my body and mind to fall into a deep sleep" or "I welcome sleep"

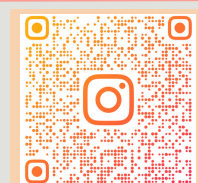
Breathing Exercises to Promote Sleep

Deep Breaths:

- Notice how many counts it takes to inhale and exhale
- Slowly lengthen your inhale and exhale by a few counts

Square Breaths:

- Notice how many counts it takes to inhale and exhale
- Slowly lengthen your inhale and exhale to the same count (i.e., five second inhale and five second exhale)
- Add a pause at the top of the inhale and bottom of the exhale (i.e., inhale, pause, exhale, pause)
- Try to make all four parts of your breath the same length



Tips When Trying Exercises



- Yoga poses are meant to be comfortable and held for approximately 10-20 minutes
- Make sure you are comfortable and if you aren't don't be afraid to adjust
- You can practice deep breathing or meditation while holding the yoga poses to enhance the effects or they can be done separately

How Can an Occupational Therapist Help?

- Practice and create individualized mindfulness exercises, breathing exercises, and yoga poses to support relaxation
- Develop a bedtime routine and visual schedule
- Support regulation before and during bedtime
- Understand and support your child's sensory preferences

Consult with your occupational therapist for an individualized plan to meet your child's needs

