

BLISSFUL SLEEP WITH THE AID OF YOGA EXERCISES



Twelve Techniques for Improving Your
Sleeping Patterns

Yoga for Everybody #2

ANAND GUPTA

Resumo de Blissful Sleep with the Aid of Yoga Exercises: Twelve Techniques for Improving Your Sleeping Patterns

Sleep is arguably the most important health issue in our lives - and most of us do not get enough of this restorative state. Life gets busy and sleep is all too often the first thing that gets cut in order to create more hours to finish other tasks, be it spending time with family, working from home or just trying to find a spare moment to enjoy some 'me time.' For many, this lack of sleep is not a deliberate action, but the result of health, insomnia, stress, poor nutrition or an underlying issue yet to be addressed.

Inadequate sleep can lead to drastic measures to increase the quantity of sleep, including pharmaceuticals and even alcohol. Unfortunately, these methods are all too often temporary and do not increase the quality of sleep - leaving those afflicted tired, foggy and unable to perform to their potential.

Yoga, long known as an almost miraculous exercise for body and soul, is the prescription you've been looking for to help you get that all important night of sleep. This easy to understand guide offers 12 techniques for improving your sleep patterns, ones that will lead to blissful sleep - and a better tomorrow.

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