



Improve your Sleep

Relaxation Strategy

Progressive muscle relaxation:

Focussing, tensing and relaxing different muscles to bring about deep relaxation.

Benefits

Regular practice can reduce stress and anxiety and improve sleep.

Key Points

- **Posture:** Lie down or sit comfortably. Have your head supported and eyes closed if possible.
- **Tension:** Tighten each muscle group for 5 seconds and focus on the feeling of the tension. If tensing a muscle group is painful, decrease tension.
- **Relaxation:** Relax your muscles fully for 10 seconds and focus on the feeling of the muscle relaxing.

Suggested Sequence

Deep Breaths

Breathing in through your nose, and out through your mouth; Take 5 deep breaths.

Arms & hands

Bring one hand towards your shoulder: squeeze your fist and flex your biceps. Repeat for other side.

Face

Squeeze your eyes shut and open your mouth as wide as possible.

Shoulders & Neck

Raise your shoulders towards your ears.

Chest, Back & Belly

Squeeze your shoulder blades together and suck in stomach.

Legs

Tense your right leg by firmly bending your knee and pointing your toes upwards. Repeat for your left leg.

Finish

Soften the body. Soften the feet, legs, hands, arms and neck. Enjoy the sense of calm.