Twitter Thread by Takezo - Sword Of Clarity



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How to use a 10 minute meditation routine to guarantee 8 hours of sleep every night:



If you have trouble falling asleep at night, you're not alone.

35 to 50% of adults experience insomnia symptoms.

To sleep well, you need a consistent routine, put your smartphone away and watch your caffeine intake.

But that might be not enough…

If you've got something on your mind, your brain and nervous system work against you.

Stress induced tension and anxiety keep millions of people up each night.

Meditation improves your relaxation response and calms your mind.

But there's more:

Sleep benefits of meditation:

• increases melatonin (the sleep hormone)

• increases serotonin (precursor of melatonin)

• reduces heart rate

• decreases blood pressure

• activates parts of the brain that control sleep

Studies have shown that meditation leads to improved sleep and less daytime fatigue, but how do you meditate to improve your sleep?

Here are 3 techniques you can try:

1. Breathing meditation

Inhale for 10 counts. Hold your breath for 10 counts. Exhale for 10 counts. Repeat five times.

Notice your breath and body. If a body part feels tight, consciously relax it.

When a thought comes up, return your focus to just your breathing.

2.Zoom out meditation

Look at yourself from a bird eye perspective - as if you would look at yourself through a camera in the ceiling's corner.

Then zoom out.

Watch your room.. then the house.. the street.. the neighborhood

Like zooming out on Google Earth...

Watch your city from above…

The earth… the solar system…

Until there is only darkness.

Now you can either keep expanding into nothingness.

Or zoom all the way back in and repeat the process.

3. Guided meditation

Pick a recording from YouTube or a meditation app and sit or lay down.

Listen to the recording and breathe deep and slow.

Focus on the person’s voice. If your mind wanders, return your attention to the recording.

Preparing yourself for the night is key to good sleep.

I wrote down the most effective routines that allow you to start your day with energy and optimize your sleep in the evening.

You can grab them for FREE https://t.co/q8J0MFgyvx

That's a wrap!

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> — Takezo - Sword Of Clarity (@takezopure) September 7, 2022