



## Sleep | Meditations to Improve Sleep

Ever wake up feeling groggy or like you never even went to sleep in the first place? We feel your frustration and we're here to suggest something that may help—meditation!



There are numerous types of meditation that can help your sleep including mindful sitting meditations, mindful walking, mindful movement, and even meditation specifically for sleep.

**The key is to try to create an open, nonjudgmental atmosphere to sit with yourself and to focus on being present in the moment.** This can take some trial and error, so be patient with yourself. It can result in a great improvement of your stress levels and improve your sleep. If you're frustrated with your sleep schedule, maybe it's worth giving meditation a try!



### Candle Gazing

If you have trouble focusing, you can light a candle and softly gaze at it. Your attention will be held.

If your mind wanders, simply observe what the flame is doing and let those thoughts release.



### Visualization

Another easy and down-to-earth meditation technique is to picture an idyllic being or setting in your mind.

Focus on the picture and allow yourself embellish it as much or as little as you need to.



### Present Moment Visualization

Close your eyes and begin to focus on your breath. Take a few moments here, then allow your focus to broaden to your body and the sensations that it's feeling.

Now expand your focus to anything touching your body, noticing those sensations.

Lastly, expand your awareness to everything you can hear and sense.

Now reverse this process and come back, one step at a time to your breath.