

The 10 Minute Sleep Solution



LIFE HACKS

PROGRESSIVE MUSCLE RELAXATION

Improve Your Sleep In 10 Minutes



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Beginning The Shut Down Sequence

You've had a long day, you feel exhausted, and you're ready to go to sleep. You throw on comfortable clothes and hop in the bed and drift off into a blissful Nirvana.



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Your body is ready to sleep, but your mind is wide awake.

Your thoughts race through everything that's happened in the last 24 hours. You tell yourself to turn off your mind, but it's just not taking orders.

The remedy is to have a shut down sequence prior to going to bed mind and body that is it time to go to sleep and recover. Here's a list of seven steps you should take every night before bed.

- ✓ **Turn down or turn off the lights**
- ✓ **Turn off electronic media 30 minutes prior to bed**
- ✓ **Stick to a sleep schedule**
- ✓ **Limit or exclude nicotine, caffeine, and alcohol**
- ✓ **Reserve bed for sex and sleep**
- ✓ **Avoid over eating**



Getting Started

This is a relaxation technique which involves stretching different muscles in turn and then relaxing them to release tension from the body and relax your mind.

Set aside 5 to 10 minutes for this exercise with no interruptions or distractions.

Find a warm, quiet place with no distractions. Get completely comfortable, either sitting or lying down.

Close your eyes and begin by focusing on your breathing; breathing slowly and steadily, as described above.

If you have pain in certain muscles, or if there are muscles that you find it difficult to focus on, spend more time on relaxing other parts.

Aim to learn the difference between tight and relaxed muscles. Focus on muscles changing from tight to relaxed.

Ready, set, relax...

Eyes

Screw your eyes up tight then gradually let them smooth out, leaving your eyes closed, feeling your eyeballs sink and your eyelids droop. Let them get really heavy.

Neck and Shoulders

Hunch your shoulders and hold for 5 seconds then gradually let them settle down, notice the difference between the tension and the relaxation in your neck and shoulders.

Tummy

Pull in your tummy tight then gradually let it go feeling it relax.

Calves

Point your toes and feel the tension in your calves, then gradually let that tightness and tension go.

Feet

Curl your toes downward feel the tension in your toes and feet then gradually relax them again.

Forehead

Pull your eyebrows together and feel the tension, then gradually let your forehead smooth out.

Jaw

Bite your back teeth together, then gradually ease off, and let your jaw get heavy. Now open your mouth wide enough to stretch the hinges of your jaw and then release the tension.

Hands and arms

Clench your fists, and tense your arms out straight; feel the tightness in your hands and arms, hold for 5 seconds then slowly relax them. .

Thighs

Push your heels down hard against the floor, feeling the tightness in your thighs, then gradually let that go.

*** Repeat until relaxed or asleep.**

Putting It All Together

Do you have everything you need now to get the best night sleep ever!

Start by putting this into practice tonight and continue for the next 10 days you have your unique schedule which may take some adjustments, but try to keep the principles start by putting this into practice tonight and continue for the next 10 days.

You have your unique schedule which may take some adjustments, but try to keep the principles and techniques taught in this guide.

if you find that after 10 days you're still struggling with your sleep, contact your physician or a primary care provider to discuss other options.

I believe in you and I hope you wake up tomorrow ready to take on the world!.



If you have any question at all,
email me at

palmettotherapist@gmail.com.

Now get to work and remember - "
The best way to predict your future
is to create it." - Abraham Lincoln

Eric Beasley