

Dosha sleep tendencies

Each dosha type has a unique influence on sleep patterns and tendencies.



VATA TENDENCIES:

Sleep quality, habits, and struggles:

- *Light and restless sleep quality*
- *Trend toward an irregular bedtime*
- *Overactive nervous system can keep them from falling and staying asleep, especially from 2-6am when Vata is elevated*



PITTA TENDENCIES

Sleep quality, habits, and struggles:

- *Short, sound, and intense sleep. They may also experience restless (though sometimes light) sleep*
- *When preoccupied, Pitta types sometimes forget when it's time for sleep*
- *May have trouble winding down before bed. Their overactive mind may be preoccupied with the next day's projects, especially from 10pm to 2am*



KAPHA TENDENCIES

Sleep quality, habits, and struggles:

- *Usually experience deep and heavy sleep*
- *Can sleep soundly for many hours without distraction*
- *May sleep too much or have trouble waking up on time. From 6-10am, the heavy and cool mornings add to Kapha type's natural sluggishness*



Sleep rituals for the body.



EAT LIGHT AT NIGHT

A heavy dinner can put a damper on your zzz's. When food is consumed at night—outside of a healthy sleep-wake cycle—the body is more likely to store those calories as fat and gain weight rather than burn it as energy.



GO FOR A MINDFUL WALK

Before you slip on your slippers, strap on your sneakers and head outside for a short stroll. A short 15-minute walk about 2 hours before bedtime can help calm the nerves and help you settle in for the night.



TRY RESTORATIVE YOGA

Set up the conditions for calm and pick a few grounding yoga poses as part of your nightly ritual. Some good poses to practice before bed are knee-to-chest pose, child's pose, cat pose, and cow pose.



TAKE A WARM BATH

Soothe energy at night with a warm bath or shower.



PRACTICE PRANAYAMA

Breathing practices can turn off the stress response in your body while helping you relax before bedtime.

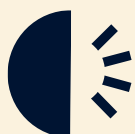


GET HERBAL SUPPORT

Herbs can be a safe and effective part of a holistic sleep routine.



Use your five senses to slumber.



SOUND

While silence is helpful for some, others benefit from ambient music or sounds of nature playing softly in the background.



TOUCH

A self-massage before bed helps your body detox, reduces stress, and improves your sleep.



TRY RESTORATIVE YOGA

Turn out the lights to increase melatonin. Try sleeping without any illumination, in a completely dark room.



TASTE

Research studies support herbal tea's ability to help you get a better night's sleep. Try drinking a cup of warm, relaxing herbal tea before bedtime.



SMELL

Aromatherapy can help to calm the mind for a more restful slumber.

Clear your mind. Prepare your spirit.



DISCONNECT

Make an effort to disconnect from technology two hours before bedtime.



PRACTICE YOGA NIDRA

This body awareness practice releases deep seated emotions and trauma so, over time, they don't interfere with your sleep.



PICK UP A BOOK

Some light reading before bed can be helpful.



JOURNAL

Although some journaling can activate your mind, try a quick daily download before bed to help you release the day's tension.



USE SLEEP MANTRA

When you feel restless, try using a sleep mantra, such as Om agasti shahina.



MEDITATE CONSISTENTLY

A consistent meditation routine is one of the most powerful ways to activate the parasympathetic nervous system.