

# HABUILD'S GUIDE TO QUALITY SLEEP



## ABOUT HABUILD

Habuild stands for habit building. It is a vehicle for people to build healthy habits. Habits are built through consistency of practice. One habit that Habuild focuses on is yoga every single day.

Therefore, making yoga a daily habit, with members of all ages across 33 nations. Optimal utilization of modern technology which makes our yoga sessions accessible from anywhere has aided many who were looking for an on-the-go option with an easy routine to follow.

Please visit us at [www.habuild.in](http://www.habuild.in) for more details.

# CONTENTS

1. Introduction

2. Problems

3. Indian Scenario (Stats)

4. Benefits

5. Actionable tips to sleep better

- Early Dinner
- Honor the Body Clock
- Sleep Inducing Environment
- Slow Down
- Mental Declutter

6. Asanas for deep sleep

- Shishuasana (Child Pose)
- Viparit Karani (Legs up the wall Pose)

- Supta Baddha Konasana  
(Reclining Bound Angle Pose)
- Ananda Balasana (Happy Baby Pose)
- Marjariasana (Cat-Cow Pose)

## 7. Pranayamas for calmer mind

- Bhramari Pranayama  
(Humming Bee Breath)
- Nadi Shodhan Pranayama  
(Alternate Nostril Breathing)
- Sama Vritti Pranayama  
(Box Breath or Equal Breathing)
- Chandra Bhedana Pranayama  
(Left Nostril Breathing)

## 8. Yoga Nidra

## 9. How to Register?

# INTRODUCTION

To see how a person functions, one should see how they sleep.

Quality sleep gives back quality results - More energy, more health, and more vitality to life.



# PROBLEMS



Can disrupt the body's natural sleep-wake cycle.

Leads to daytime sleepiness.



Decreases focus level

Increased irritability, mood swings, risk of depression and anxiety .

## INDIAN SCENARIO

**88%**

people use their phone  
before bedtime



**57%**

Indians stay up late scrolling  
through bad news

**48%**

people feel sleepy during  
work hours



**36%**

people blame digital devices  
for their sleepiness

# BENEFITS OF SLEEPING ON TIME



Helps you maintain a healthy weight.



Reduces stress and improve your mood.



Makes you look younger.



Improves memory.

# ACTIONABLE TIPS TO SLEEP BETTER

## Early dinner

- Eat before 7 to 8 pm, so that the body gets enough time to digest the food and sleep will become more fruitful.



## Fix a sleeping time



- Sleep experts recommend going to bed before 11 pm and sticking with a regular sleeping routine.

## Sleep Inducing Environment

- Keep all electronics away from the bed—30 minutes before bedtime.
- Keep your room cool, dark, and quiet.
- Have warm turmeric milk or chamomile tea before bed.



## Slow Down

- Wrap up all the work an hour before bedtime.
- Stretch if needed, and breathe deeply and slowly.

# Mental Declutter

- Try to resolve all the worries or concerns before bedtime.
- Journaling can help transfer troubling thoughts onto the paper and clears the head.



# ASANAS FOR DEEP SLEEP

# Shishu Asana Child Pose

- Sit on the heels, knees spread mat distance apart.
- Slowly bring the head towards the floor by stretching the arms out to the front.
- Breathe into the lower back.
- To come out, exhale and roll up slowly.



## Benefits:

- Stretches back, hips, thighs, and ankles.
- Relieves tension and fatigue.
- Calms the mind and the body.

## Contraindications:

- Serious back or knee injury.
- Pregnancy.
- Diarrhea.

# Viparita Karani

## Legs-up-the-wall Pose

- Lie down closer to the wall and sweep the legs parallel to the wall.
- Bring the hips as close to the wall as possible.
- Let the legs relax into the wall, keeping a slight bend in the knees if the hamstrings are tight.
- Rest with the arms on the side, palms up.
- Breathe in the belly.



### Benefits:

- Improves digestion.
- Reduces stress and calms the mind.
- Increases mobility in the hips.

### Contraindications:

- Extreme back pain.
- After 3 months of pregnancy.
- Females in their menstrual cycle.
- High BP

# Supta Baddha Konasana

## Reclining Bound Angle Pose

- Lie on the bed facing the ceiling.
- Keep the spine straight and relax the shoulders.
- Bend knees, bringing your feet together, soles touching.
- Breath in, and roll the feet to their outer edges.
- As you exhale, allow the knees to open up sideways.
- Rest hands on the lower rib cage, with elbows a little distance away from the body. Exhale to slowly exit the pose.



### Benefits:

- Improves digestion, blood circulation and flexibility.
- Relieves symptoms of insomnia, headache, and fatigue.

### Contraindications:

- Severe sciatica.
- Injured neck, knees, and hips.
- Lower back disorders.
- If pregnant, use a blanket or bolster under your head.

## Ananda Bal Asana Happy Baby Pose

- Start by lying on the back with bent knees and feet flat on the bed.
- Reach down and hold the outer edges of the feet. Bring knees towards the chest.
- From here, gently open up the hips and widen the legs to deepen the stretch.
- Lengthen the spine while gently pulling arms towards the chest.
- Rock the legs slowly sideways and engage in this asana with a gentle smile on your face.



### Benefits:

- Opens the lower region of the body.
- Improves spine posture.
- Manage symptoms of ADHD and Alzheimer's.

### Contraindications:

- Injury or inflammation to the legs, shoulders, or neck.
- High BP.
- Females in their menstrual cycle.

## Marjari Asana Cat-Cow Pose

- Bring hands & knees into a table top position.
- Keep the back straight, and position the knees and feet hip-width apart.
- Inhale and press chest forward. Lift the head, sink the abdomen, and relax the shoulders. (Cow pose)
- Exhale deeply and round the spine. Tuck the tailbone. (Cat pose)
- Repeat steps 3 and 4, and do 10 rounds.

Inhale



Exhale

### Benefits:

- Increases flexibility of the spine, hips, abdomen, and back.
- Stimulates digestion.
- Relieves menstrual pain.

### Contraindications:

- Injury in the shoulders, neck, knees, or back.
- Obese people should be careful in the kneeling position.

# PRANAYAMAS FOR SLEEP

## Bhramari Pranayama Bee Breath

- Sit comfortably. Gently close your lips, keeping the teeth slightly apart.
- Bring the tip of your tongue to the space behind the upper front teeth and close each ear with your index finger or thumb.
- To begin, take a long, deep breath in through the nostrils, bringing the breath all the way into the belly.
- Exhale slowly, making a steady, low-pitched ‘hmmm’ sound at the back of the throat—like the humming of a bee.



### Benefits:

- Relieves sinusitis symptoms.
- Strengthens and improves the voice.
- Supports the healing of bodily tissues.

### Contraindications:

- Suffering from migraine.
- Any severe heart or lung ailment.

# Nadishodhan Pranayama

## Alternate Nostril Breathing

- Sit straight, preferably, in padmasana or sukasana.
- Close your right nostril with your right thumb and exhale deeply from the left nostril.
- Now inhale deeply from the left nostril, close your left nostril with your ring finger after inhalation, open your right nostril and exhale deeply.
- Repeat this as long as you can, keeping your eyes closed and concentrate on your breathing.



### Benefits:

- Relieves nasal allergies, asthma, and bronchitis
- Reduces BP and acidity.
- Purifies nadis. (channels)

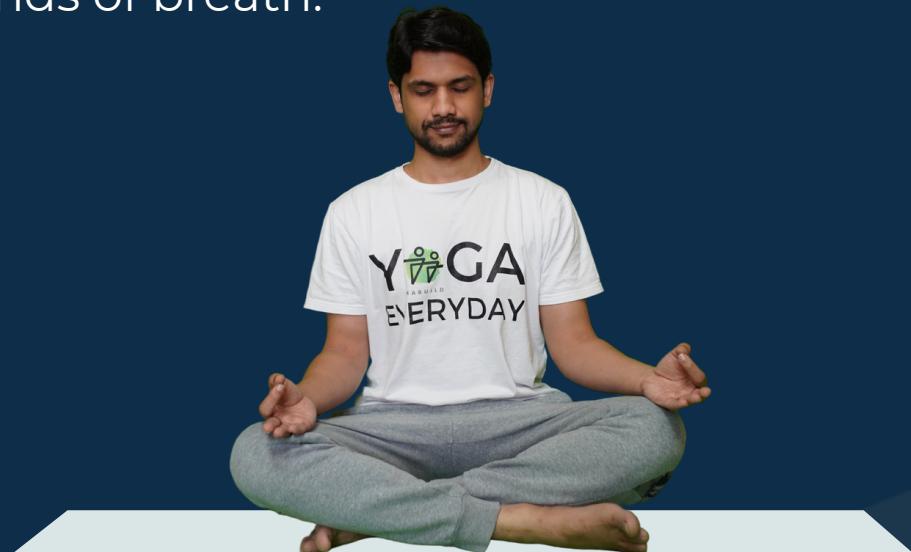
### Contraindications:

- High blood pressure.
- Blocked nose or sinusitis.

# Sama Vritti Pranayama

## Box Breath or Equal Breathing

- Sit in a comfortable cross-legged position on the floor, with the back of the body straight.
- Rest the back of your hands on your legs.
- Inhale for a count of 4. Hold(count till 4). Exhale (count till 4). Hold(count till 4)
- Repeat the four-part cycle for another 2-6 rounds of breath.



### Benefits:

- Balances the prana flowing through the body's nadis or energy channels.
- Calms the body and mind, and reduces anxiety.

### Contraindications:

- Pregnant women.
- Suffering from high blood pressure.
- Any severe heart or lung ailment.

# Chandra Bhedana Pranayama

## Left Nostril Breathing

- Sit in a comfortable asana and make Mrigi Mudra.
- Block your right nostril and inhale through your left.
- Then close the left and exhale through the right.
- Inhaling always through your left nostril, exhaling through your right.
- Again continue for 1 to 3 minutes.



### Benefits:

- Calms the nerves.
- Purifying the Chandra (Ida) Nadi.
- Lowers BP.

### Contraindications:

- Cough, cold,
- People with Kapha dominating body nature.
- Suffering from low blood pressure.

## Yoga Nidra

Yoga Nidra is a form of deep relaxation that is often described as “yogic sleep.”

Yoga Nidra is like playing a reset button for the body.

You can follow this guided practice on youtube.

[Click here](#)



## HOW TO REGISTER?

1

Go to [www.habit.yoga](http://www.habit.yoga)

2

Enter your name and WhatsApp number.

3

You will get a link to join the WhatsApp group.

4

Join the group and get all the updates there.

Click here 