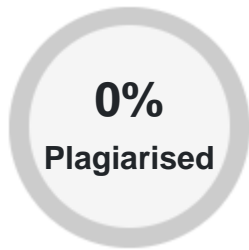


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3 Yoga Poses That Can Help You Get a Good Night Sleep It's not uncommon for teenage adults to have a hard time falling asleep, especially with how much the world throws at them in this past year or two. And if they can't fall asleep, they can't be ready for tomorrow, and while it seems like a hopeless situation to be in, there are yoga poses for bedtime that you can try. Doing yoga in general is always a good thing to do if you have a difficulty sleeping as they not only relax your body, and also your mind. So, without further ado, here are the 3 yoga poses for bedtime that can get you a good night sleep after a stressful day. Child's Pose The first and probably the most recommended yoga poses for bed time is definitely the child's pose or balasana. It's a fairly beginner-friendly and easy pose to do, so even if you're unfamiliar with Yoga, you can definitely do this pose easily. Child pose becomes one of the recommended yoga poses due to its benefits in gently stretching your spine, thighs, hips, and ankles, as well as calming your mind from anxiety, fatigue, and stress from your daily life. Legs up the wall Legs up the wall or viparita karani is a supported inversion pose that helps get your blood flowing back to your heart. And it's because of this property that it becomes one of the most recommended yoga poses for bedtime that us insomniac can practice. Take note however that it's sometimes so effective that you can end up falling asleep right there and then which of course would be bad for your body to be sleeping in an irregular position such as this one. But as long as you're aware of that, legs up the wall is a good way to prepare your body for bedtime. Corpse Pose Despite its morbid name, doing corpse pose is a very nice way to relax after a hard day at work. It's generally practiced at the end of a general yoga session for relaxation, so of course it should work for lulling your body to sleep as well. It's been scientifically known to be able to release stress and tension too, so if you don't feel like doing some of the somewhat complex poses above, you can do corpse pose which is very beginner friendly and not complicated at all. Conclusion All in all, that's about it that we can say for these yoga poses for bedtime. We've all been there laying awake at night getting swarmed by negative thoughts and anxiety and we know how awful that is. So, we hope that this little article can give some relieve to you knowing that you're not alone in your problems, and that there are ways to fall asleep easier through yoga. We've practiced some of these ourselves and have been benefitting in the form of a good night sleep, so don't be apprehensive to try them because even if they don't work, they're all a relatively harmless exercise. Thank you for reading this article on yoga poses for bedtime, we hope you gain something insightful or useful from it, and we'll see you next time. See you soon!