Body Scan for Sleep

A body scan for sleep promotes relaxation, eases tension, and quiets the mind, making it easier to fall asleep, and can be practiced in bed before drifting off to sleep

**Steps**

1. Get Comfortable

* Lie down in bed in a comfortable position.
* Place your arms by your sides or gently rest them on your stomach.
* Close your eyes and take a few slow, deep breaths.

1. Focus on Your Breath

* Inhale deeply through your nose, feeling your belly rise.
* Exhale slowly through your mouth, letting your body soften with each breath.
* Allow your breathing to settle into a natural rhythm.

1. Bring Awareness to Your Body

* Start at your toes and slowly work upward, following these steps for each body part:
* Gently bring your attention to the area.
* Imagine the area softening and releasing tension.
* As you exhale, visualize tension leaving that part of your body.

1. Progress slowly and intentionally through each body part:

* Toes & Feet – Notice any tension or heaviness. Let them sink into the mattress.
* Legs – Relax your calves, knees, and thighs with each breath.
* Hips & Lower Back – Feel your body supported by the bed. Let go of tightness.
* Abdomen – Notice the gentle rise and fall of your stomach as you breathe. Soften this area.
* Chest – Feel your chest expand with each inhale and relax with each exhale.
* Shoulders – Let them melt into the mattress, releasing any tightness.
* Arms & Hands – Allow them to feel heavy, completely at ease.
* Neck & Jaw – Release tightness, allowing your mouth to rest slightly open.
* Face & Head – Soften your forehead, eyelids, and the area around your eyes. Let your entire face relax.

1. Embrace Stillness

* Once you’ve scanned your entire body, rest in the feeling of deep relaxation.
* If any tension remains, direct your breath to that area, imagining it melting away.

1. Drift Into Sleep

* Stay in this relaxed state, letting go of thoughts or worries.
* If your mind begins to wander, gently bring your focus back to your breath or the sensation of your body resting.
* Allow yourself to drift off naturally into sleep.

**Tips for a Successful Body Scan**

* Don’t rush – Spend at least 5–7 minutes moving through your body.
* Let go of judgment – If your mind wanders, gently bring it back to the practice.
* Adjust as needed – If a full scan feels long, focus only on key areas of tension.