



Stretching for Sleep

Winding Down

Goal: Stretch before going to sleep. Hold each pose for five deep breaths.

Tip:

- Keep your arms by your sides and gently bring your right ear towards your right shoulder, then repeat on the left side.
- Lie on your belly with your legs extended straight behind you, keep your elbows and forearms on the floor as you lift your chest, stretching your lower back.
- Lie on your back and hold your right knee to your chest while your left is extended then repeat with the left knee.

Why is this important? Stretching relieves muscle tension and helps you relax, which encourages a good night's sleep.

References: Wongwilairat, K., Buranruk, O., Eungpinichpong, W., Puntumetakul, R., Kantharadussadee-Triamchaisri, S. (2019). Muscle stretching with deep and slow breathing patterns: a pilot study for therapeutic development. *Journal of Complementary & Integrative Medicine*, 16(2), N.PAG

Caregiver Handbook: Stretching Exercises, Physical & Mental Wellness