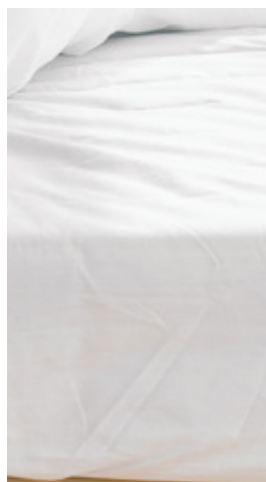
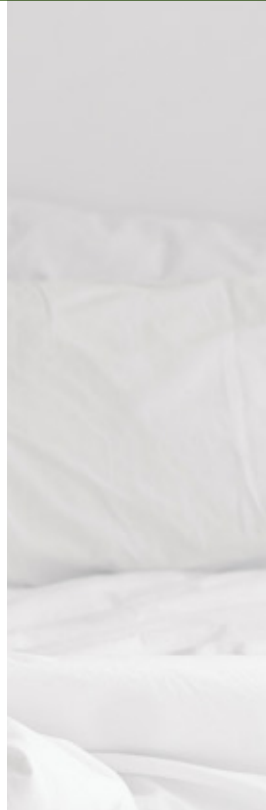




KAIUT YOGA

YOGA & good sleep quality



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Without sleep, the brain reverts to more primitive patterns of activity – that means it is unable to contextualize emotional experiences and produce controlled and appropriate responses.

Source: University of California Berkeley



How do you know if you sleep with **QUALITY?**

According to researchers, waking up refreshed, without fatigue, is a good indicator that your nights sleep are restorative. And it is important to emphasize that the quality of sleep is not necessarily associated with the amount of hours slept.

In addition to understanding the importance of sleeping well, you need to understand that sleep health depends on four pillars:

- Health
- Environment
- Attitudes
- Lifestyle



YOGA & good SLEEP QUALITY

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Regarding sleep, when joining yoga, the process of falling asleep and even the duration of sleep tend to be influenced by the practice and even become easier. You will fall asleep quickly and maintain this state for a long time.

SLEEP PROBLEMS

Sleep problems tend to increase as you age, but in a study of adults aged 60 and over, scientists found that seniors who practiced yoga daily for at least two years fell asleep 10 minutes faster, slept an hour longer, and feel more rested when they wake up in the morning, compared to seniors who don't practice yoga.



Sleep is essential for our quality of life, but more than that, it is very important for our health. Without enough sleep, your body has a hard time functioning properly.

Sleep deficiency is linked to chronic health problems affecting the heart, kidneys, blood, brain, and mental health.

Practicing yoga before bed conditions our body and mind to a state of deep relaxation. Thus, a regular practice mainly helps people with insomnia to sleep longer, improving their sleep quality.



Neuroscience & **SLEEP** & yoga



The neuroscience of sleep has demonstrated that there is no single reason why we sleep: sleep has incredibly broad effects on the brain and affects everything from molecular processes to high-level cognition.

Source: Boston University

During sleep, we produce many molecules, get rid of toxins and manage memories (consolidate, erase and mix memories).

Besides relieving the overload of the

day, scientists recently discovered that new neural connections are established during sleep.

Sources: New York University and Peking University

The most common sleep disorders among Americans are:

- Insomnia
- Sleep Apnea
- Narcolepsy
- Restless Legs Syndrome
- REM Sleep Behavior Disorder

Neuroscience has proven that yoga is as good for the brain as it is for the rest of your body.

Yoga practice strongly activates the frontal lobe, which is responsible for the executive functions of the brain, such as: planning, strategy, and logical reasoning, which helps promote neuroplasticity.

Neuroplasticity on the other hand is a response to the changing of the brain structures as a result of experience - it is considered to be one of the most important neuroscientific discoveries.

Yoga practice is an effective way to sleep better and, therefore, to fight sleep disorders in a natural and healthy way.

Consistent yoga practice is the key to effective nerve regulation.



The Science journal says that the need for sleep must have a very strong biological basis. ***Evolutionarily, sleep implies a basic function essential to life. So when we are sleep deprived, all sorts of things related to our health and behavior are harmed.***

The simplest and most common answer is that, like other parts of the body, the brain needs to rest after a hard day of receiving all kinds of stimuli.

In studies done by Harvard University, researchers found that the practice of yoga improves the quality of sleep, the time it takes people to fall asleep, the frequency they wake up during the night and the level of rest.



YOGA

for better

SLEEP

QUALITY



Does Yoga Help You Sleep?

Over 55% of yoga practitioners report improved sleep and over 85% report reduced stress. Many studies demonstrate that yoga can improve sleep.

Source: Harvard Health

How Does Yoga Help You Sleep?

- Mindfulness.
- Breathing awareness and regulation.
- Regular yoga practice.

Yoga practice is an effective way to sleep better and, therefore, to fight sleep

disorders in a natural and healthy way.

In studies done by Harvard University, researchers found that those ***who practice yoga regularly have better overall sleep quality, less episodes of sleep disturbances, take less time to fall asleep, have less dysfunction during the day, use less sleep medications and also feel more rested and energetic in the morning.***

YOGA & SLEEP

as a pillar of quality of life

Quality sleep improves physical, mental and emotional balance of the human being, strengthens the IMMUNE SYSTEM, PREVENTS DISEASES and helps the proper functioning of the BRAIN..

5 STAGES OF SLEEP

Altogether, there are 5 stages of sleep and it is only in the penultimate one that we manage to restore our energy, as well as the tissues of the body. This way, it is necessary to be able to sleep well and soundly.

Practicing yoga before bed conditions our body and mind to a state of deep relaxation. Thus, a regular practice mainly helps people with insomnia to sleep longer, improving their sleep quality.

Yoga positions for a better sleep

- Legs on the wall
- Supta Baddha Konasana
- Paschimottanasana
- Savasana

For you to have a peaceful and balanced life, it doesn't just depend on the quality of your food or the practice of regular exercises. Sleep should also be taken into account.

That's because, during sleep, the body recovers energy, optimizes metabolism and regulates the function of hormones fundamentals for the development of the body.

According to researchers, waking up refreshed, without fatigue, is a good indicator that your nights sleep are restorative. And it is important to emphasize that the quality of sleep is not necessarily associated with the amount of hours slept.

In addition to working the mind and body, yoga also works on the parasympathetic nervous system. It is responsible for stimulating actions that allow the body to respond to situations of calm and rest.



YOGA & Bedtime rituals

It is a sequence of quiet activities that we do before bed, being able to change the state of the brain from 'alert' to 'sleepy'.

5 SLEEP RITUALS

- 1 Keep a schedule
- 2 Unplug
- 3 Meditate
- 4 Drink teas
- 5 Prepare the room

How can bedtime yoga help you sleep?

It calms your nervous system.
It eases any physical discomfort.
It makes you mindful of your breathing.

While we are alive, we are creating habits, both consciously and unconsciously. These patterns exist in all areas of our lives. Our tastes, emotions, attitudes, beliefs, and behaviors are linked to body and mind habits. Therefore, the creation of habits has a key function.

Yoga encourages us to be fully involved in the process of creating these habits. Through Yoga, we can begin to create progressively and to think in a more modern and consistent way.





YOGA

to improve
**SLEEP AND
HEALTH**

The process of going to sleep is highly dependent upon behaviors, and disruptions in your bedtime routine may lead to difficulty falling asleep.

A bedtime routine is a set of activities you perform in the same order, every night, in the 30 to 60 minutes before you go to bed. Bedtime routines can vary, but often include calming activities.

One-third of half of adults worldwide deal with some form of sleep disorder, with at least 15% having chronic insomnia—sleeping poorly or not sleeping at least three times a week. One-third of Americans don't get enough sleep on a regular basis.

Source: Centers for Disease Control and Prevention.

Bedtime routines help your brain separate the day from the night, clear your mind and body of the day's stresses, and relax into sleep.



A study published in the Journal of the American Medical Association showed that participants who made modifications like reducing stimuli in the bedroom and learning relaxation techniques improved their sleep more than those who took drugs.

Humans are creatures of habit. Like any other routine, bedtime routines establish habits that help our brains recognize when it's time to sleep. By performing the same activities in the same order every night, your brain comes to see those activities as a precursor to sleep.

Always keep in mind that yoga is not an empty practice, it is a benefit that you reap over a period of time. As you practice, you learn to feel, to use your body and your breath better.

yoga & AYURVEDA AYURVEDA AYURVEDA

Ayurveda is the oldest healing and prevention system in the world. Ayurveda means the science of life. Indian medicine, one of the oldest in the world, preaches that good health is a direct result of living in harmony with the Universe.

Ayurveda is considered the most holistic science of healing, as it involves all aspects of human life, as well as seeing the relationship of the environment around us.

Yoga is used by Ayurveda as a regulator of the mind and emotions through its regular practices, with breath control, asana practices and meditation.

Yoga practice is of great importance to the science of Ayurveda, which seeks balance between body, mind and spirit. This balance also involves taking care of the body.

Yoga helps those who seek to pacify the mind and connect with their inner self, besides improving health overall.

Yoga practice from an Ayurvedic perspective opens a new dimension not only in the field of health, but also in the understanding of behavior from an energetic and emotional point of view.

It is impossible not to perceive Yoga and Ayurveda as allies that complement each other, acting as pillars that together give support towards the physical, mental, emotional and spiritual fullness of the human being.