



## FELDENKRAIS® CENTRE VANCOUVER

### Beat insomnia the relaxing way!

Insomnia is a big topic these days. People are having trouble sleeping and are looking for solutions.

People with insomnia experience cycles of daytime mood swings, decreased levels of daytime alertness and productivity. These result in accompanying stress and more insomnia. While many people suffer from insomnia, menopausal women are one group with a high incidence of insomnia.

Several lifestyle factors are important for establishing and maintaining a regular waking-sleep rhythm:

- Engage in active exercise as early in the day as possible and avoid exercise close to bedtime.
- Get regular exposure to daytime natural light or sun light to activate the melatonin cycle. Even in Vancouver on grey days, exposure to outdoor light will help to reduce the levels of melatonin during the day. It is also important to reduce environmental light in the evening to begin the production of melatonin and then to sleep in a darkened room or to wear eye shades if necessary.
- Maintain a regular bedtime schedule and consistent bedtime routine that does not include doing last minute emails.

Insomnia is a 24 hour a day problem. In our action packed world many of us are overworked, constantly multitasking and always feeling stressed. Day time stress can carry over into our ability to fall asleep at night. The key is to mitigate the effects of daytime stress so that sleep can come easily and be restful.

One little known, yet highly effective solution to insomnia is simple, practical and easy to do. The *Sounder Sleep™* approach takes advantage of our natural breathing rhythm in combination with small, gentle movements.

Movement sequences done during the day help reduce the effects of daytime stress while night time movements done in bed help you lull yourself into restful sleep or help return to sleep after night time awakenings. These easy and gentle movement and breathing techniques, called *mini moves* are done slowly and take very little time. People who regularly practice daytime *mini moves* 2-3 times a day for as little as 5 minutes at a time, report positive effects on their ability to sleep.

Here is what some participants had to say about the workshop:

- "I enjoy having tools to use to help me sleep and that relieves anxiety"
- "It was more useful than anything else I've done and I am sleeping better"
- "I would recommend people try it"

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