

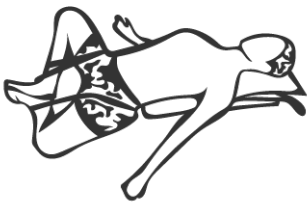
# Calming Insomnia Sequence

Insomnia can have various causes, and it would be best to have a sense of what is behind the sleeplessness. It could be jet lag repercussions, it could be menopause, or it could be overwork and overstimulation, to name a few possibilities.

In general all of the above would indicate an imbalance in our nervous system, an inability to switch off, and disruptive overstimulation.

The sequence below aims to calm the nervous system and the adrenal glands to help calm the overactivity of the brain. It can be done in the evening if possible, with light food afterwards before bed. Repeat for several days in a row.

## Sequence steps



Supta Baddhakonasana  
5 minutes  
Over a bolster or folded blankets, with a belt for the thighs. Head support a little higher than usual - enough to make the face and eyes quiet.



Simple Cross Legs Forward  
2 minutes each side  
Head resting on bolster or blankets, elbows bent with hands on support, wide.



Adho Mukha Svanasana  
2 minutes  
Palms on floor, index finger and thumb to wall, head supported.



Prasarita Padottanasana (Head Down)  
1-2 minutes  
Head to floor, or to support.



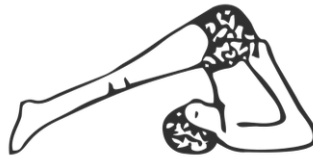
Salamba Sirsasana Wall Support  
5-7 minutes  
Straight, support against wall if required.



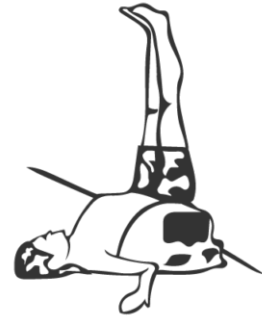
Dvi Pada Viparita Dandasana Over Chair - Hands to Chair Back  
3-5 minutes  
Over chair or cross bolsters, with crown of head supported.



**Virasana Forward**  
2-3 minutes  
Focus on abdomen and front chest.



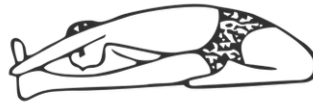
**Halasana**  
5-7 minutes  
Hold with feet or whole thigh supported, make sure of adequate height under shoulders. Check that kidney area is going up, face and eyes soft.



**Viparita Karani**  
7-12 minutes  
Over bolster or blanket support, enough height under head and neck to keep face and throat quiet. Here the exhalation should feel soft and free, without effort.



**Simple Cross Legs Forward**  
2 minutes each side  
Forehead and arms up on support, with buttocks raised as needed for forward extension of spine. Place buttocks on height if forward extension is difficult or restricted.



**Janu Sirsasana**  
2 minutes each side  
With support for forehead and arms up on support, buttocks raised as needed for forward extension of spine.



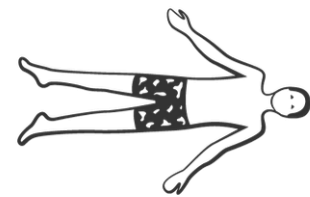
**Triangmukhaikapada Paschimottanasana**  
2 minutes each side  
With support for forehead and arms up on support, buttocks raised as needed for forward extension of spine.



**Paschimottanasana**  
2-3 minutes  
Feet apart. With support for forehead and arms up on support, buttocks raised as needed for forward extension of spine.



**Simple Cross Legs Twist**  
3-4 breaths each side  
Opposite hand to knee.



**Savasana**  
5-15 minutes  
Perform either flat or with support under knees, with eye cover. Breathe normally with gradually longer exhalations, and then Savasana breath becoming quiet and soft.