



HealthyBodyHealthyLife  
with *Melissa Koerner*

Tools to Help You  
Relax and Sleep Well



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Relaxation exercises have been shown to be highly effective in reducing stress and improving sleep. Here are my 3 go-to stress reducers for moments when feel stress and unable to relax.

## | 4-7-8 BREATHING

Deep, slow, self-aware breathing creates a series of physiological changes that aid relaxation, including reducing muscle tension, slowing breathing rate and heart rate, lowering blood pressure and metabolism.

A breathing practice can be as simple as taking a series of even, slow inhale and exhale breaths as a regular routine during the day, or whenever you feel anxious or stressed. Here's one of my favorite breathing exercises.

### **How to Do 4-7-8 breathing**

In a comfortable position, with your eyes open or closed:

- Inhale for 4 seconds
- Hold breath for 7 seconds
- Exhale slowly, for 8 seconds
- Repeat several times (at least 3 cycles)

Deep breathing helps relax the body and promotes good sleep. Inhaling and holding your breath increases your body's oxygen level, which allows your body to work less hard to function. Long, slow exhales are meditative and relaxing. Slow exhaling is also very similar to the pace of breathing when you're falling asleep. By doing deep breathing exercises before bedtime, you're mimicking the breathing patterns of sleep onset, and gently guiding your body and mind towards restful sleep.



## | PROGRESSIVE MUSCLE RELAXATION

Progressive muscle relaxation is when you focus on a single body part and try to relax it. This is a good exercise if you have a lot of stress related aches and pains and you have a hard time relaxing, especially. Used as part of a nightly power down routine, progressive muscle relaxation can help you release physical and mental tension that can often interfere with sleep.

Here's how you do it:

Lie down on your back. Take a few slow, deep breaths to help your relax. Then, tighten the muscles in your toes as tight as you can, hold for 10 seconds and relax your toes. Next, tighten the muscles in your feet as tight as you can, hold for 10 seconds and relax your feet. Continue in this fashion until every part of your body has been tighten then relaxed (you calves, knees, thighs, butt, hips, abdomen, back, chest, hands, shoulders, upper back, neck, face and scalp.) After going through every part of your body, feel a sense of relaxation come over you every time you inhale and letting go of all tension every time you exhale. After a few minutes of this, just rest your body and breath slowly.

## | AYURVEDIC SLEEP COCKTAIL

This natural sleep cocktail not only promotes relaxation before bed, but it's really delicious!

### **Ayurvedic Sleep Cocktail Recipe:**

- 1/2 c warm, unsweetened almond milk
- 1 tsp ghee
- 5 strands saffron
- 1/4 tsp ground nutmeg
- ground cardamom and cinnamon to your taste

Whip before drinking. Enjoy!



## | MENTAL PICTURES

### **How to Prepare for the Mental Picture Exercises:**

As you lay in bed, allow all of your muscles to relax. Let your forehead, jaw, hands, arms, shoulders and legs relax. For about 5 minutes sit without paying attention to your muscles. Then try one or all of these mental picture exercises.

### **Mental Picture Exercise #1**

As you lay on your bed, picture legs as if they are made of concrete. See your legs sinking into the mattress. Now picture your arms and legs made of concrete sinking into the mattress. Picture someone you trust trying to lift your feet, then your hands—but they are unable to because your arms and legs are too heavy. Continue picturing your arms, hands and feet sinking into the bed and being too heavy to lift for a total of 10-30 minutes.

### **Mental Picture Exercise #2**

As you lay on your bed, picture your body consisting of a series of inflated rubber balloons. Picture two valves open at the bottom of your feet releasing air until your legs are two flat, deflated rubber tubes. Picture a valve open in the center of your chest releasing air until your chest is fully deflated and resting against the bed. Continue in this fashion with your arms, head and neck for a total of 10-30 minutes.

### **Mental Picture Exercise #3**

This one is my personal favorite. Think about a pleasant memory from your past. Picture a time when you felt totally relaxed, peaceful, at ease. For example, it could be a memory from a vacation to the mountains or the beach. Recall as many details as you can about the environment. What did you see? What did you hear? What did you hear feel? What did you smell? What did you taste? Continue in this fashion total of 10-30 minutes.

## | MELATONIN

Melatonin is not a sleeping pill - it's a sleep regulator. It tells the brain it's bedtime – it doesn't make the brain sleepy. It's great for jet lag or traveling across time zones. It's a hormone, so it can react with other things like blood pressure medications /ACE inhibitors. It can also affect an unborn fetus.

The recommended dosage, according to top sleep expert Dr. Michael Breus (a.k.a The Sleep Doctor) is .5 to 1.5 mg. If you take too much you can experience overdosing and side effects like reduced sensitivity of receptor sites, making harder to fall asleep and drowsiness the next day.



Not all brands are created equal. Dr. Breus recommends the product Herbatonin.

HerbatoninPRO is the first, and only plant-based melatonin product. It is sourced from rice, chlorella and grass, while other melatonin products are synthetically produced, often from petro chemicals in a lab.

HerbatoninPRO is delivered in a vegetarian capsule that contains NO chemicals, excipients, preservatives, artificial colors or flavors, sucrose, yeast, dairy, soy, wheat, corn or gluten. Many melatonin products contain one or more of these.

HerbatoninPRO has natural slow-release characteristics.

### **Instructions to order Herbatonin through Fullscript and get 15% off:**

I personally buy all of my supplements through Fullscript. They're the largest online dispensary of professional-grade supplements. After much research, I've found that they are a trusted and safe way to get high quality, professional-grade supplements. It's very important to take high-quality supplements – the recommended brands are top-grade.

1. click here <https://us.fullscript.com/welcome/mkoerner> to create an account on Fullscript.com. You'll enter your email and full name and you'll create a password.
2. Once you create an account, you'll be able to login by entering your email and password.
3. I create categories on Fullscript where all of the supplements I recommend can be found. When you login in to your personal account on Fullscript click on "Catalogue," then click on "Categories," then the "Sleep Support" to order the Herbatonin.