



WELLNESS GUIDE

SLEEP BETTER - DISCOVER THE
POWER OF SLEEP

There is more to sleeping than just closing your eyes. A good night sleep can actually boost your immune system and promote a healthy weight.

Learn what sleeping does for you, what happens when you don't get enough quality sleep and what your sleep position can tell you about.

IN THIS GUIDE YOU'LL FIND

- 1. THE POWER OF SLEEP**
- 2. YOGA TO SLEEP BETTER**
- 3. WHAT DOES YOUR SLEEP POSITION REVEAL ABOUT YOUR PERSONALITY?**

01

The power of sleep

What you'll learn

AS IT IS SOMETHING THAT YOU SPEND ABOUT A THIRD OF YOUR LIFE DOING, THE POWER OF SLEEP CANNOT BE IGNORED. **SO JUST WHAT DOES THIS MEAN FOR YOUR FITNESS EFFORTS?**

IMPROVES ATHLETIC PERFORMANCE

A **study at Stanford University** challenged American football players to try to sleep for at least 10 hours per night. Over the course of eight weeks, the study found that the players had more energy and stamina and improved their average sprint times.

The power of sleep doesn't just affect football players, though. Similar results have also been found with swimmers and tennis players. In addition to improved performance, getting enough sleep also keeps you alert and focused, which can help you avoid injuries while working out.



CONTROLS YOUR WEIGHT

During sleep, your body balances out the hormone, called **leptin**, that controls your appetite. When you are not getting enough sleep, your appetite for foods that are high in carbohydrates and fats increases.

Typically, these foods are also high in calories, which can make it difficult to maintain a healthy weight or shed those last few pounds.

In a **study at the University of Chicago**, researchers tested two groups of people trying to lose weight: those who were sleep-deprived and those who were not.

Although both groups lost similar amounts of weight, that weight came mostly from muscle mass in the sleep-deprived group, whereas the group who had enough sleep lost more fat.



BOOSTS EMOTIONAL STABILITY

Getting enough sleep has long been known to boost your mood. Who doesn't know the feeling of being cranky after a night of minimal sleep?



TAKE THE TIME
TO INDULGE.
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Over time, that effect increases and can contribute to anxiety, depression and other long-term emotional issues. **Dr. Jodi A. Mindell** from St. Joseph's University says, "Not getting enough sleep affects your emotional regulation." Aim for at least 8 hours per night to keep your mood in check.



IMPROVES IMMUNE FUNCTION

Getting enough sleep goes a long way towards helping to prevent illness. While you sleep, your body is better able to fight off infections, as it can focus on this, rather than on getting you through your daily activities.



FIND RELIEF FROM
INJURIES AND HAVE
**CONTINUOUS SUPPORT IN
YOUR FITNESS JOURNEY.**

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Being sick can put a hold on your fitness efforts, so be sure to get enough sleep so that you are healthy enough to exercise regularly.

A **preliminary research study** found that people who got less than 7 hours of sleep per night were three times as likely to get sick when exposed to a cold virus than their counterparts who got adequate sleep.



RESTORES YOUR MUSCLES

When you work out, the strain creates tiny tears in your muscle fibers. As those tears heal, your muscles become thicker and stronger in an effort to prevent further damage.

While you sleep, your body focuses its efforts on **healing and cell regeneration**, enabling your muscles to build that extra strength.

The power of sleep should play a critical role in your fitness routine to give your muscles plenty of time to recover not just from your tough workouts, but from the strain and stresses of your daily activities as well.



02

Yoga to sleep better

What you'll learn

NOW YOU KNOW WHAT A GOOD NIGHT SLEEP CAN DO FOR YOU. **IT'S TIME TO PREPARE YOUR MIND AND BODY TO WELCOME THE BENEFITS OF REST.**

A quiet yoga practice concentrated on deep breathing will calm your mind and release any physical tension, helping you ease into a restful night of deep sleep.

Yoga combines movement and breathing to activate the parasympathetic nervous system to counteract stress. Whenever possible, choose a restorative version of a yoga pose that uses a prop beneath the forehead to promote relaxation around the eyes and further soothe the nervous system.

All of these poses take about one minute total or one minute per side of the body to complete with 10-15 breaths per minute.



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TO MARTIAL ARTS,
FROM YOGA TO HIIT
TRAINING.
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YOU LOVE.**

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Lizard Pose

Utthan Pristhasana

The lizard pose is a versatile pose in yoga for women that, among other benefits, opens and releases the chest, neck, and shoulders and prepares the body for deeper hip opening poses, such as hanuman and pigeon.

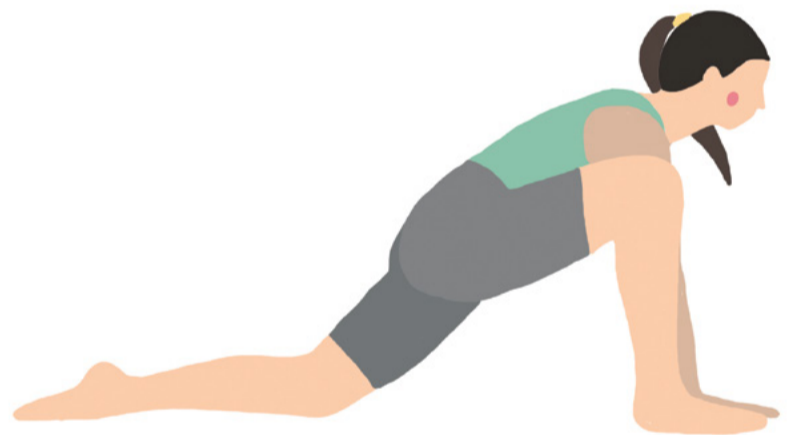


1.

BEGIN WITH DOWNWARD-FACING DOG
(ADHO MUKHA SVANASANA).

2.

MOVE YOUR LEFT FOOT FORWARD, BRINGING
IT IN BETWEEN YOUR HANDS. THEN LOWER
YOUR RIGHT KNEE TO THE GROUND.



3.

SWING YOUR LEFT FOOT TO THE FAR EDGE OF
THE MAT, AND POSITION YOUR ELBOWS ON
A SMALL BLOCK OR THE FLOOR. REPEAT THE
POSE ON THE OPPOSITE SIDE OF YOUR BODY.



Standing Forward Bend

Uttanasana

Standing forward bend is ideal for strengthening your hamstrings, hips, calves, thighs, and knees and calming your mind, reducing stress, depression, anxiety, and fatigue.

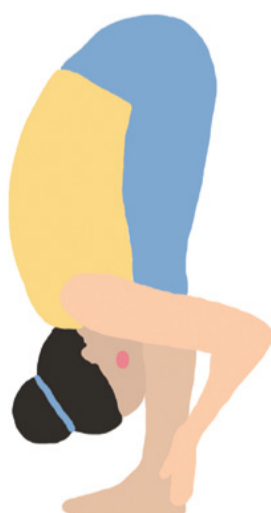
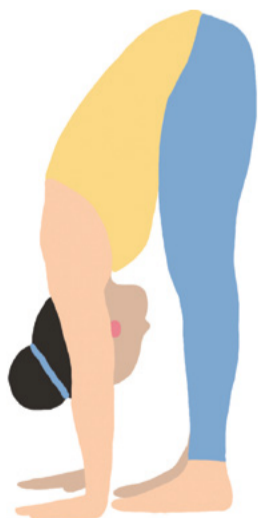


1.

WALK YOUR FEET TO YOUR HANDS.
POSITION YOUR FEET HIP-WIDTH APART.

2.

BEND SLIGHTLY AT THE KNEES,
HOLDING YOUR ELBOWS.
(AS FAR AS YOU CAN FEELING COMFORTABLE)



3.

EXHALE AND LENGTHEN DOWN THROUGH THE
TOP OF YOUR HEAD. TO FINISH THE POSE, LET
YOUR ARMS GO, ROOT THROUGH YOUR FEET,
AND RISE UP SLOWLY.

Locust Pose

Salabhasana

The locust pose strengthens and promotes flexibility through the whole back of the body, including the legs, spine, buttocks, and the muscles surrounding the upper torso and ribs. The pose is ideal when you're preparing to lie down to go to sleep.

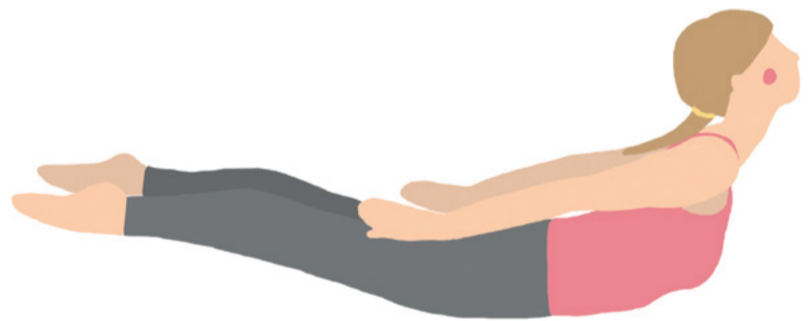


1.

INHALE TO PLANK POSE, AND THEN BRING YOUR BODY DOWN TO THE GROUND. CLASP YOUR HANDS BEHIND YOUR BACK.

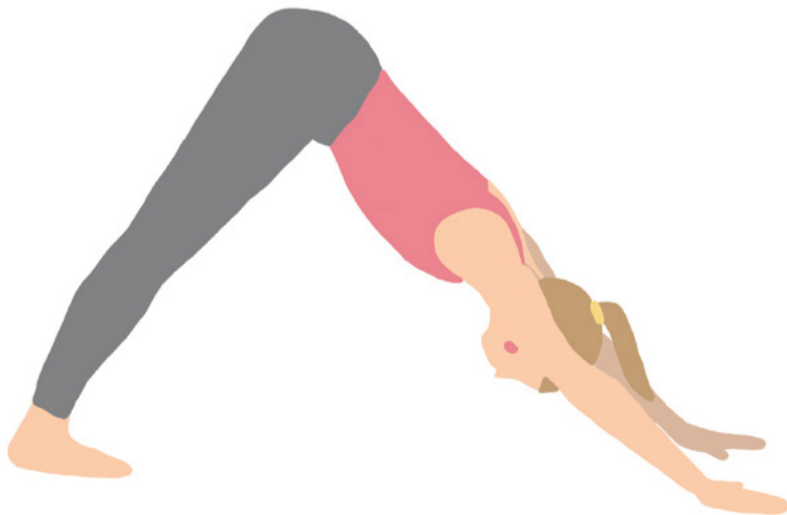
2.

EXHALE AND BRING THE TOPS OF YOUR FEET TO THE FLOOR SO THE ENTIRE FRONT OF YOUR FEET ARE LEVEL WITH THE GROUND. INHALE AS YOU BRING YOUR CHEST AND ARMS UP AS FAR AS POSSIBLE WHILE LOOKING FORWARD.



3.

TO COME OUT OF THE LOCUST POSE, LET YOUR HANDS DROP DOWN AND EXHALE, MOVING BACK INTO DOWNWARD-FACING DOG.



Wide-Legged Standing Forward Bend

Prasarita Padottanasana

The wide-legged standing forward bend stretches the inner groins and backs of legs while calming the mind, easing fatigue, and improving circulation. Consider using this pose as a warm up stance for other standing poses, such as the side angle pose or warrior pose, or as a cool down for your yoga sleeping routine



1.

STAND WITH YOUR LEGS FOUR OR FIVE FEET APART. INHALE AND BRING UP YOUR CHEST.

2.

WHILE EXHALING, PUSH YOUR BODY FORWARD FROM THE MID-SECTION. TOUCH THE FLOOR WITH OPEN PALMS AND ELBOWS BENT.



3.

REST YOUR FOREHEAD ON A SMALL BLOCK. TO COME UP FROM THE POSE, CENTER DOWN THROUGH YOUR FEET. INHALE AND RISE UP SLOWLY.



03

*What does your
sleep position
reveal about your
personality?*

What you'll learn

FROM THE FOETUS TO THE STARFISH: **YOU'LL BE SURPRISED HOW MUCH YOUR SUBCONSCIOUS POSTURE SAYS ABOUT YOUR CHARACTER TRAITS.**

Our favourite colour. The music we love. The career we choose. Believe it or not, the slight subtleties in our sleeping styles can say as much about us as these conscious choices.

Whether you sleep on your back, your side or your stomach, the style in which you lay in bed speaks volumes about who you are when you're awake. And it's not just pillow talk - scientists analysed the six most common sleeping positions and found that each was linked to a particular personality type.

Professor Chris Idzikowski, the director of the UK Sleep **Assessment and Advisory Service**, found most people don't change their sleeping positions throughout their lives - with only 5% saying that they slept in a different position every night.

Here are the sleepy six - and the distinct personality traits associated with each.



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SLEEP BETTER NATURALLY
FROM MD THORDIS BERGER**

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THE FOETUS



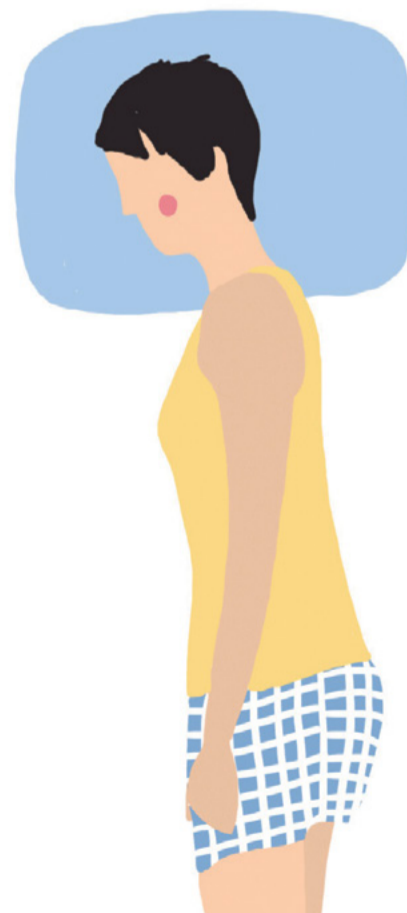
Most popular among sleepers, the foetal position is defined by a person who sleeps on their side with their legs curled up. Those who sleep this way tend to have a tough exterior, but are sensitive at heart. They're also shy when they initially meet somebody, but soon relax. Interestingly, 41% of the 1,000 people surveyed adopted this position; more than twice as many women as men.

Best exercises for your personality: Try a yoga or Pilates class to warm up to your fellow workout buddies gradually - or take to nature with long distance running, hiking, swimming or biking.

THE LOG

Exactly what the name suggests, this position incorporates lying on your side with both arms down by your side and your legs extended straight. It may look like a stiff pose, but a person who catches zzz's like this is anything but rigid. Log sleepers are social butterflies: they enjoy chatting with all kinds of people, are very trusting (which can sometimes make them seem a little gullible) and love being part of the in-crowd.

Best exercises for your personality: Try joining your local club's swim team, or finding a running group for plenty of sweat and socialising.



THE YEARNER



If you sleep on your side with both arms reaching out in front of you (similar to a mummy), you're likely to have an open nature - but can also be suspicious and cynical. Yearners find it tough making decisions, weighing up the pros and cons in detail; however once their minds are set, they're set in stone.

Best exercises for your personality: Grab some gloves and unleash your inner reservations with a fighting class - nothing builds confidence like mastering a martial art or sweating it out with an hour of kickboxing.

THE SOLDIER

Attention! The soldier sleeper is one that snoozes on their back with the arms pinned down at their side. They tend to keep themselves to themselves, with a quiet and reserved demeanor. That means no fussing, plenty of structure and very high expectations of themselves and others around them. It's recommended that soldiers should try flipping over to avoid snoring and conditions such as sleep apnea.

Best exercises for your personality: Being the image of discipline, a workout routine you can continuously see results with is best. Cardio workouts, running, interval training weights and swimming are all perfect for your determined nature.



THE FREEFALLER



Lying flat on their stomachs, freefall sleepers often wrap their arms around a pillow and sleep with their head to one side. They tend to have open and gregarious personalities, which can sometimes come off as brash. This playful exterior often hides underlying anxiety: freefallers don't like criticism or extreme situations.

Best exercises for your personality: Team sports where you can interact with others - such as football or netball - are your forte. Sign up for one of your club's teams, or grab some rackets and head to the tennis court with a friend.

THE STARFISH

Least popular of all sleeping styles, the starfish pose (as the name suggests) is defined by sleepers that lie flat on their backs with their legs stretched out and their arms stretched up by their head. Those who dose in this uncommon style are very loyal friends: making time to listen to others is a huge priority in their lives and they're always around to offer help when needed. They generally don't like to be the centre of attention.

Best exercises for your personality: Whether it's a leisurely cruise by the beach or an off-beat path on wooded trails, cycling with a friend is a great way for you to get a cardio fix and catch up at the same time.



A woman with long brown hair, wearing a bright orange tank top, light grey shorts, and orange sneakers, is sitting on a concrete wall. She is holding a green smoothie in a clear plastic cup with a straw. The background is a dark, textured asphalt surface. The lighting is bright, casting a shadow of the woman onto the wall behind her.

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