

# 8-Minute Workout: Yoga for Better Sleep

Try this 5-move yoga routine to relax your body and mind before sleep. The best part? Each pose can be done in bed!

By Jennifer Matarazzo; Photos by Nick Cardillicchio

## Upside-Down Relaxation

Forget counting sheep. Ease your way into dreamland with this five-move [yoga routine](#) from Edward Vilga, creator of the DVD *Yoga in Bed: 20 Asanas to Do in Pajamas* ([yogainbeddvd.com](#), \$19.95). The moves will relax your body and mind, but the best part is that you can do them all in bed!

**Minutes: 0:00-2:00**

- Sit facing a wall (or your headboard) with your [butt](#) about 6 inches away from it.
- Lie back and extend your [legs](#) up the wall.
- If this is too intense a [stretch](#) for your [hamstrings](#), slide your butt farther away from the wall.
- If it's not enough, scoot closer.
- Let your [arms](#) rest by your sides, palms facing up, and breathe gently, feeling the stretch in the backs of your legs.



## Winding Down Twist

**Minutes: 2:00-3:00**

- Sit cross-legged on the bed and exhale as you place your right hand on your left knee and left hand on the bed behind your tailbone.
- Gently twist your torso to the left.
- Allow your gaze to follow, looking over your left [shoulder](#). Breathe deeply, then return to center and repeat on opposite side.



## Nighttime Goddess Stretch

**Minutes: 3:00-5:00**

Lie on your back with knees bent.

Place the soles of your feet together, then let your knees fall open, forming a diamond shape with your [legs](#).

Rest your [arms](#) on the bed.

If you feel any strain, elevate your legs by placing a pillow underneath each knee.



## Child's Pose

**Minutes: 5:00-7:00**

- Sit up comfortably on your heels.
- Roll your torso forward, bringing your forehead to rest on the bed in front of you.
- Lower your [chest](#) as close to your knees as you comfortably can, extending your [arms](#) in front of you.
- Hold the pose and breathe.



## Rock-a-Bye Roll

**Minutes: 7:00-8:00**

- Lying on your back, hug knees in to [chest](#).
- Cross your ankles and wrap both [arms](#) around your shins with clasped hands.
- Inhale and rock your body up to sit; exhale as you roll back.
- Continue for 1 minute, then roll back, extend arms and [legs](#), and drift off to sleep.

