**Social Media Posts Get More Sleep with a 5 Minute Night Time Meditation Routine**

**Facebook:**

**1.** Did you know just five minutes of meditation each night can help you to get a lot more sleep? It’s easier than you might think LINK

2. Focusing on each part of the body can be a fantastic way to make meditation easier. LINK

**3.** In order to meditate successfully, you need to do it in a quiet, relaxing area. That’s why it’s a great idea to do it in bed LINK

**4.** If you struggle with meditation, the first thing you can do is to start focusing on your breathing. Learning the right breathing techniques can make the practice so much easier LINK

**5.** Discover some great tips to get started with five-minute night time meditation sessions in our new blog LINK

**Twitter:**

**1.** Discover how to use just a five-minute meditation to encourage more sleep LINK

2. Think meditation takes hours? Think again! LINK

3. Focusing on your breathing can make meditation so much easier LINK

4. Struggling to get enough sleep? A five-minute meditation could be the answer LINK

**5.** When meditating to fall asleep, it’s crucial you do it in a quiet, relaxing setting LINK