Get More Sleep With a 5 Minute Night Time Meditation Routine

If you think meditation will take too much of your time, think again. All you really need is just a few minutes a night in order to get the benefits from it.

If you are struggling with insomnia, these tips will allow you to do just a 5-minute meditation practice each night before bed.

Learn the Right Breathing Technique

A big part of meditation involves practicing breathing exercises. This makes you more aware of your own breathing so that you can clear your mind and focus better on the meditation.

Since meditation does have a learning curve, you might want to learn just one step at a time, starting with your breathing exercises. One thing to remember is that there is no right or wrong way to do these breathing exercises.

You just want to focus more on your breathing, particularly when you are inhaling and exhaling. Pay attention to your ribcage moving as you breathe, as that helps bring the focus from your thoughts to your breathing.

Sit in a Quiet Area

Make sure when you are ready to start with your 5-minute meditation practice, you are sitting in a quiet area.

This is going to help you better focus for the meditation. If you are doing it completely on your own or with a mantra, you don’t want to hear other voices as this can prove distracting. It also helps when you are trying to listen to a guided meditation for your first few times.

Being in a quiet room can also help you to start feeling more tired, which also allows the meditation practice to help you sleep once you are finished with it. If it helps, you can put some relaxing essential oils in a diffuser and turn it on before you start meditating. That way you get the benefits of aromatherapy while also doing meditation.

Focus On Each Part of Your Body

Many people who are just starting out with meditation will try to focus on each part of the body from head to toe; one body part at a time.

What this does is take all of your thoughts and moves them only to the body part. This is also known as body scan relaxation, since you are imagining each body part, feeling it, then feeling it fully relax, before moving onto the next one.

This not only helps to improve the focus during your meditation session, but it also relaxes your body fully to prepare you for sleep.

Overall, getting more sleep with a 5-minute night time meditation routine is easier than you think. Just follow the tips above and you’ll soon start enjoying the benefits of nighttime meditation.