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.

**Complementary Email**

Complementary blog post: Get more sleep with a 5 Minute Night Time Meditation Routine

Subject: New post – Here’s how a 5-minute meditation can help you get more sleep

{Hello Firstname}

Do you struggle to get a good night’s sleep? A lot of people suffer with insomnia, finding it difficult to both fall and stay asleep. The effects this can have on your health are staggering. Lack of sleep can lead to increased stress, a lack of focus and a range of health problems.

The good news is, there are ways to ensure you get a good night’s sleep. Meditation is one of the best activities you can do to encourage a good night’s sleep. It doesn’t take as long as you might think either!

In today’s blog, I’ll show you how you can get more sleep using a five-minute meditation session. If you thought meditation took up far too much time, you’ll want to check out this post.

LINK

You’ll see how just five-minutes each night can really help you to get more sleep. I’ll show you some great, sure-fire ways to make the meditation easier.

Don’t miss out on this super-informative post!

{Sign off}

**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