

The How to Relax and Sleep Book is a self-help guide full of simple, easy to learn methods offering great results. Here is the answer to discovering true relaxation and quality sleep; it's medication free and benefits everyone.

The How to Relax and Sleep Book

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/4509.html?s=pdf>

The HOW TO RELAX and SLEEP BOOK

*Discover simple methods that empower you
to master anxiety and stress.*

Monika M. Suchy, P.T.

Copyright © 2010 Monika M. Suchy

ISBN 978-1-60910-071-1

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Printed in the United States of America.

BookLocker.com, Inc.
2010

Contents

INTRODUCTION	1
TESTIMONIAL	3
SUSAN'S STORY.....	5
PHASE 1 - OVERVIEW.....	9
CHAPTER I: WHY DO YOU NEED SLEEP?	10
What happens when you are sleeping?.....	11
Observation	13
The importance of sleep during a healing phase.....	14
Testimonial.....	18
CHAPTER II: POWER NAPPING.....	22
Why do you need a power nap?.....	22
CHAPTER III: SLEEP AND THE CIRCADIAN RHYTHM... 27	
CHAPTER IV: GENERAL FACTS ABOUT INSOMNIA	30
What can you do about insomnia?.....	33
PHASE 2 - OVERVIEW.....	35
CHAPTER V: SIMPLE RELAXATION.....	37
The Technique of Simple Relaxation.....	40
CHAPTER VI: YIN AND YANG BREATHING	
EXERCISES	50
CHAPTER VII: AUTOGENIC TRAINING.....	58
So how does it work?	60
CHAPTER VIII: GUIDED IMAGERY OR	
VISUALIZATION	76
The Technique of Guided Imagery	81
Testimonial.....	91

Monika M. Suchy, P.T.

CHAPTER IX: MEDITATION	98
1. Simple Mindful Meditation	99
2. Walking meditation	101
Testimonial	108
PHASE 3 - OVERVIEW.....	114
CHAPTER X: GENERAL PROBLEMS AND HELPFUL TIPS	116
1. Asthma, Bronchitis, Allergies, Cold and Flu	116
2. Body weight and eating habits.....	119
3. Depression, anxiety and stress	122
4. The environment in which we sleep.....	128
5. Fluids and your bladder	130
6. Low blood pressure	132
7. Menopause	134
8. Night shift and shift work	136
9. Restless Legs Syndrome	137
10. Snoring.....	140
11. Medication and stimulants	142
What to do if you cannot sleep yet?	143
12. Bedtime routines.....	145
CHAPTER XI: RESTORING THE PHYSICAL BODY AFTER WORK	147
1. Computer Operator/Secretary (mostly sitting all day). 147	
History of Yoga	148
Tai Chi Chuan.....	151
Stretching - Here is an easy protocol to follow:	157
Pilates	160
2. People in Sales (Mostly standing all day).....	164
3. People working in Construction.....	165
CHAPTER XII: ADDITIONAL WAYS TO IMPROVE RELAXATION TO HELP INDUCE SLEEP AND PROMOTE A HEALTHY LONG REST DURING THE NIGHT	167

The HOW TO RELAX and SLEEP BOOK

CLOSING THOUGHTS	177
THE AUTHOR	179
APPENDIX	181

INTRODUCTION

I have written this book to share with you what I know and teach. The contents of this book are purely from my own observations, various accounts people shared with me and lastly my very own experiences overcoming sleep disorders as they occurred at certain times in my life. The methods I am sharing with you are effective, safe to do and very easy to learn.

As a physiotherapist, I have taught many of my patients and private clients different skills to relax. Many of them urged me over the years to document these teachings in form of a book, so they could always fall back on the written material if they had forgotten how to do the different exercises.

This book is set up to take you through a blend of techniques, from power napping to learning how to relax your mind and body so that sleep may occur readily and naturally. I am providing you with tools which will help you understand the need for sleep, as well as teaching you an inexpensive, comprehensive step-by-step method which is most importantly drug and medication free. Absolutely anybody can follow it.

When I wrote this book for you, I wanted to make sure that it gave you plenty of information, a gentle and easy to follow approach that would guarantee generally better health, such as better circulation, greater awareness of your body and its functions and needs, and a soothing sense to release thoughts of anxiety and worry, which may be some of the reasons which are keeping you awake.

The text of this book is tailored to you as if you came to my practice or you would attend one of my workshops or evening classes.

Monika M. Suchy, P.T.

It is my sincere hope that you may implement many suggested instructions and in the end that you have as much success as many of my patients have had which is portrayed in their testimonials.

I suggest you read through the book first and then try all of the exercises slowly, mindfully and patiently. You will notice that one of the suggested techniques may become your favorite while the other exercises may be more difficult to learn.

Please remember, it takes time to change belief systems and behaviors, but there is a reward at the end of your dedicated exercising. You will learn how to relax and you may find your way into the deep, revitalizing sleep you need and deserve.

One of the various results of these techniques are not only an increase of circulation, because more oxygen is coming into your system with the breathing exercises, but along with that you may experience less tension and a lot more relaxation in the individual cell structure affecting your muscles, bones and soft tissues.

Achieving the desired rest at night may bring your health and wellness to higher levels and as a result, your body and soul will be more balanced, giving you the quality of life you are striving for.

When and where should you practice?

Whether you are waiting in line at the Superstore or you are stuck in traffic, giving yourself a quick break at work or you attempt a 'time out' at home in form of a power nap, there will be many opportunities integrating the Yin and Yang Breathing Technique and exercising Simple Relaxation at any given moment during the day.

The HOW TO RELAX and SLEEP BOOK

Personally, I practice all of these techniques at least once a day at various times and suggest you do the same.

Let's get started.

TESTIMONIAL

My husband had a stroke and passed away when I was 69 years old. During the grieving of having lost my partner, necessary life changes occurred for me, one of which was a consequent move to another City, bringing me closer to my daughter and her family. I felt that those events were robbing me of most needed sleep and I can remember many nights being awake and contemplating what to do next and feeling rather anxious about the future. I managed eventually to surrender to the inevitable and after I had resettled in my new apartment my life seemed to regain a more normal form, but my sleep pattern would not improve.

The result of not sleeping became noticeable as I started to lose weight, felt very low on energy and became more and more irritable and other undesirable ailments compounded my sleep deprived system.

Once my body and mind were extremely strained and an afternoon nap did not catch up the lack of sleep, I finally went to the doctor for help. He advised me to learn techniques how to walk out of my depressing thoughts and I had the great fortune to find a therapist who taught me how to relax while treating my painful back. I learned all of the methods while attending her clinic and not only did my back improve very quickly, but I felt much more relaxed and started to sleep better.

Monika M. Suchy, P.T.

My favorite methods are the Simple Relaxation and the Yin and Yang Breathing Exercises. I practice both of those exercises daily, especially when I go for walks.

My sleep pattern is by far not what it used to be but I can now sleep well enough that my body feels refreshed in the morning when I wake up and my energy is recharged taking me through the day almost effortlessly.

I am forever grateful to Mrs. Suchy. Practicing these techniques has become a most natural tool for me and I no longer need to look at the text, I know it by heart.

Sincerely, Dorothea

In view of this particular testimonial and after many of my patients telling me of similar events and the loss of healthy sleep patterns after losing a partner, it became clear to me that many of us take sleep for granted and become aware of severely missing a good night's rest, only when we don't have it.

Sleep is a part of our primitive reflexes, inherently operating on a day-to-day basis and most of us think that the body will shut down at the end of the day naturally and we will sleep, finding the rest we need to perform for the next day.

So it is only natural for us to find a comfortable place to ease our body into, close our eyes and expect to be sleeping instantly.

NOT SO....for many people.

SUSAN'S STORY

One of my very best friends, whom I have known for a good thirty years, has suffered from insomnia for almost her entire life. Her personal story and all the events bringing her to where and who she is today, have indeed many similarities with the life of many other individuals or perhaps even that of someone you know.

A most intriguing fact for me is that, although her childhood life story has largely contributed to the suffering of severe insomnia, there are many people out there with the same or similar life challenges who experience indeed restful nights.

I have listened to many accounts of my clients sleep complications from early childhood on and I have come to the conclusion that:

***It is not what happens in our life,
it is how we react to it.***

This is my friend's story

Susan would wake up and sit straight up in her little bed almost every night. The slightest sound would keep her awake or for sure intercept her sleep. She had trained herself during her 6 year old life to sleep very lightly so she could hear all of the sounds in and around her house. Susan would get out of her bed, step into her slippers and would tip-toe through the house toward her mother's bedroom, listening at the doorstep to the breathing rhythm which sometimes worried Susan because her mother's breathing had become more labored as of late.

Monika M. Suchy, P.T.

Once she returned to her bed, satisfied that her mother was still breathing, she would lie quietly while her mind and senses were scanning for survival, listening intently to the sounds, recognizing familiar smells which would have remained from dinnertime and in the quiet of the house her mind would be preoccupied with feeling fearful of losing the one person she could not accept to lose, her mother.

Her mother's illness was predominantly in her mind and soul in every waking moment. Sometimes she would shake with fear at the thought of losing this precious person. Her mother was the last figure in her mind before she could finally fall asleep at night and the first thought when she woke up in the morning.

On many occasions, Susan would spend hours watching the city lights dancing on the ceiling, listening to the sounds of the night, unable to go to sleep.

***Only those individuals, who are sleep deprived,
may know all about the 'sounds of the night'.***

Susan's life was a total mystery to her at the age of 6, and deep thoughts plagued her young mind, thoughts about death. She had heard people whisper about her mother's illness and its possible outcome. Every time the doctor would come for a visit to check on his patient, Susan would hover next to her mother's bedroom, anxiously looking at the doctor's face, trying to read what was behind the serious look in his face. Very seldom had he actually noticed her in the hallway and only on rare occasions he had nodded and once he had said to her in passing: "Don't worry, we never give up hope!"

During the day Susan went to school and after she came home she would help her aunt in the household as much as she could, but at the end of the day when she was lying in her

The HOW TO RELAX and SLEEP BOOK

bed, she experienced all the anxiety of the uncertain future as her naïve six year old mind tried to make sense of it all.

Terribly tired and exhausted from the many overwhelming feelings and the longing for somebody to come and tell her that everything would be all right, she would wish for sleep to come. But instead of being released from her anxiety, she became more restless, tossing and turning in bed, feeling her little body ache and more thoughts would enter her mind:

Why can't I sleep? Please let me sleep now and take away the strain.

Time and again, at almost day-break, total exhaustion would finally bring the much needed sleep to her.

Susan was six years old when she lost her mother to that illness and has been challenged with insomnia since then. Tossing, turning and thinking about the past, the pain and agony having lost her mother at such a young age had become her bed partner then and accompanied her into adulthood. The agony of not being able to fall asleep easily and enjoy a deep, refreshing rest and a long, revitalizing sleep, had become a chronic pattern for her.

Does that sound familiar to you?

My dear friend has undergone many tests over the years. She attended sleep clinics for observation, received medical care and was prescribed mild antidepressants. Those sleep aids would provide her with a reasonably good sleep occasionally. Since it only helped her sporadically she continued to search for answers.

With my help she learned to understand that the deep, old wound of losing her mother at a young age was the

Monika M. Suchy, P.T.

underlying cause of her insomnia. In her quest to heal those wounds without the use of medication, she started to practice the different techniques with me and in addition, she tried different ways to overcome her lack of fitness and gain energy and stamina as suggested in Chapter XI, introducing other methods.

Finally, Susan appreciates the profound results she has accomplished and enjoys her sleep whenever her body and mind require some time out for refreshing and regenerating.

My friend Susan is one of the people who have inspired me to share some of my knowledge, skills and experiences with you. In writing these techniques down I sincerely hope that I may be helping you also in your journey to relax deeply and sleep peacefully.

The How to Relax and Sleep Book is a self-help guide full of simple, easy to learn methods offering great results. Here is the answer to discovering true relaxation and quality sleep; it's medication free and benefits everyone.

The How to Relax and Sleep Book

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/4509.html?s=pdf>