

6 full-body stretches before you go to bed.

1 Neck stretch

Release neck tension.

Tip your right ear toward your right shoulder while extending your left arm. Hold for 30 seconds. Repeat two times and switch sides.



2 Bear hug

Stretch your upper back.

Wrap your arms around yourself like a hug. Grasp shoulders and gently pull. Breathe for 30 seconds. Release and switch which arm is on top.



3 Knee to chest

Flex your spine.

Lie flat and place hands on one knee while gently bringing knee to chest. Hold and breathe. Repeat on other side.



4 Cat-Cow

Loosen your lower back.

Position body on all fours. Inhale and press chest forward as you drop your belly. Hold. Exhale and curve your spine like a cat. Repeat.



5 Legs up on wall

Improve leg circulation.

Lie on back with legs up against the wall. Place cushion under hips if needed. Release tension in hips and breathe.



6 Standing calf stretch

Alleviate leg cramps.

Gently bend front leg and lean forward against wall. Hold for 30 seconds. Repeat three times and switch sides.



Sleep Before Evening

Karin Nielsen-Saines



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