



How to Sleep Better - Sleep Relaxation Exercises

MUSCLE RELAXATION (page 1/2)

If your muscles are tense, it is difficult to sleep.

Feeling tense? Try these muscle relaxation techniques before you go to bed.

It's best to practice these relaxation techniques at home in a comfortable place where you can close your eyes, forget about your problems and relax.

Intro to Muscle Relaxation

Before you begin, follow these steps to get the most out of the muscle relaxation techniques:

1. Find a quiet place where you won't be disturbed.
2. Dim the light in the room.
3. Be comfortable. Sit in a chair, or lie down on your bed.
4. Wear loose-fitting clothing and remove your shoes.
5. Take a few deep breaths.

Muscle Group : Arms

1. Make a fist with your left hand without lifting your arm. Make it tighter and tighter. Note how the feeling gets uncomfortable as the tension moves around your hand, forearm, and biceps.
2. Now, relax. Open your hand. Feel the tension pouring out from that area.
3. Repeat using your right hand. Then return to the left hand, and repeat.

Muscle Group : Face

1. Open your eyes and raise your eyebrows hard. Your forehead will wrinkle. Hold that pose. Feel the tension move to your brow, and then up into your scalp. Now, relax.
2. Pull your eyebrows down, and frown hard. Notice the feeling of strain spreading over your forehead. Now, relax. Let your brow become smooth again.
3. Next, close your eyelids hard. Feel the tension around your eyes, forehead, and scalp. Now, relax.
4. Clench your teeth. Feel the tension in your jaw move toward your ears. Now, relax your bite. Your lips should gently part.
5. Now, press your tongue against the roof of your mouth. Feel the pressure in the back of your mouth and chin. Now, relax.
6. Purse your lips into an "O." Feel the tightness overtake your forehead, scalp, eyes, tongue, and lips. Now, go loose-lipped.
7. Next, press your head as far back as it can comfortably go. Feel the tension in your neck.
8. Roll your head very slowly to the right. Hold it, and then roll it very slowly to the left. Feel the stress move and then disappear with each position.
9. Now, straighten your head and bend it forward until your chin touches your chest. Feel the tension in your throat and the back of your neck.
10. Return your head to a comfortable position.
11. Now, shrug your shoulders high, and hold. Relax. As your shoulders drop, feel relaxation spread through your neck, throat, and shoulders.



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MUSCLE RELAXATION (page 2/2)

Muscle Group : Stomach

1. Breathe in and fill your lungs completely.
2. Hold your breath. Feel where the tension is.
3. Now exhale, let your chest become loose as you let your breath leave your lungs gently, and without effort.
4. Again, inhale and exhale. You should feel more and more tension draining away.
5. Next, tighten your stomach. Try to force breath into your tight stomach. It's difficult. Keep it difficult by pressing your hands on your belly. Make sure the stomach doesn't expand. Hold...Now, let out your breath.
6. Now arch your back. (Do not put strain on your spine!) Keep the rest of your body as relaxed as possible. Focus on the tension in your lower back. Now, relax, deeper and deeper.

Muscle Group : Legs

1. Tighten your buttocks and thighs. Flex them by pressing down your heels as hard as you can.
2. Relax and feel the difference.
3. Now, curl your toes downward, making your calves tense. Study the tension. Relax.
4. Now, bend your toes toward your face, creating tension in your shin. Relax again.

AMBIEN CR is indicated to help you fall asleep and/or stay asleep.

IMPORTANT SAFETY INFORMATION

AMBIEN CR is a treatment option you and your doctor can consider along with lifestyle changes and can be taken for as long as your doctor recommends. Until you know how AMBIEN CR will affect you, you shouldn't drive or operate machinery. Be sure you're able to devote 7 to 8 hours to sleep before being active again. Sleepwalking, and eating or driving while not fully awake, with amnesia for the event have been reported. If you experience any of these behaviors contact your provider immediately. In rare cases sleep aids may cause allergic reactions such as swelling of your tongue or throat or shortness of breath or more severe results. If you have an allergic reaction while using AMBIEN CR, contact your doctor immediately. Side effects may include next-day drowsiness, dizziness and headache. It's non-narcotic; however, like most sleep medicines it has some risk of dependency. Don't take it with alcohol.