

SLEEP FIRST AID

I CAN'T SLEEP

Yoga Nidra
5 Breaths Per Minute
4-7-8 Breath

I HAVE NIGHTMARES

4-7-8 Breath
Nocturnal Journal
Lucid Dreaming
Circle of Protectors

I HAVE NIGHT TIME PANIC ATTACKS

4-4-8 Breath
Nocturnal Journal
Yoga Nidra During Day

I'M AFRAID TO GO TO BED

Circle of Protectors

I CAN'T MOVE (SLEEP PARALYSIS)

Long & Slow Outbreaths
Hissing Sound "Sssss"

I HAVE FLASHBACKS WHEN FALLING ASLEEP

5 Breaths Per Minute
Yoga Nidra
Circle of Protectors

I WAKE UP IN THE MIDDLE OF THE NIGHT

Yoga Nidra
5 Breaths Per Minute

TECHNIQUES

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