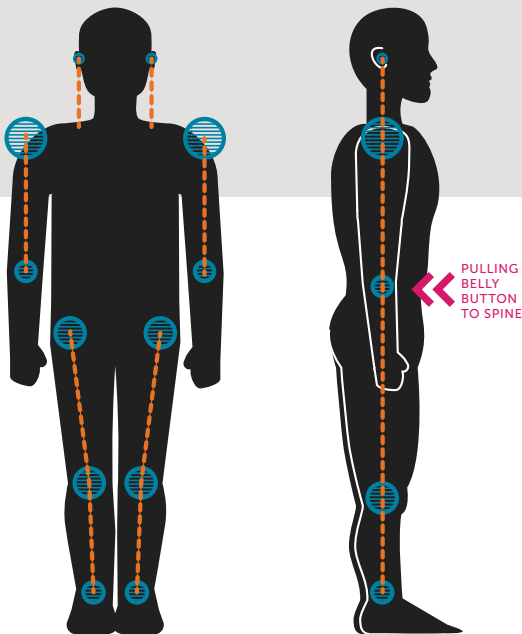




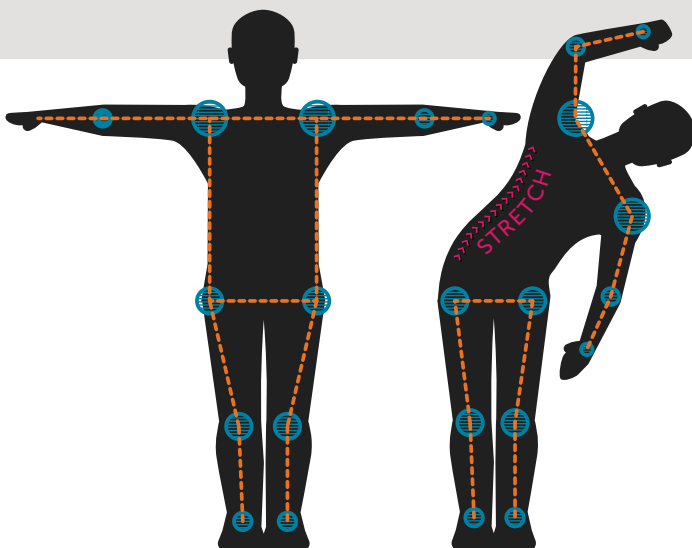
Is your body ready for dreamland?

A bedtime routine can help you establish and maintain good sleep habits. These gentle stretches can help you to calm your mind and prepare your body for a good night's sleep



STRAIGHTEN UP POSITION

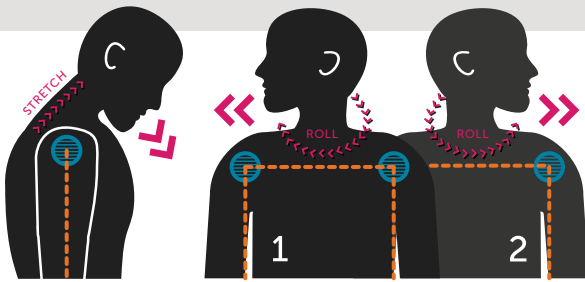
- Stand tall with your feet together.
- Align your ears, shoulders, hips, knees and ankles.
- Pull your belly button in towards your spine.



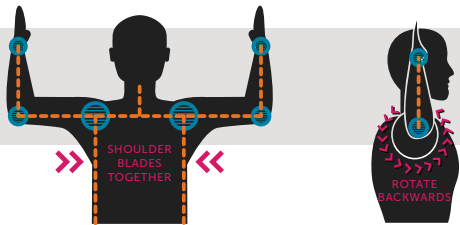
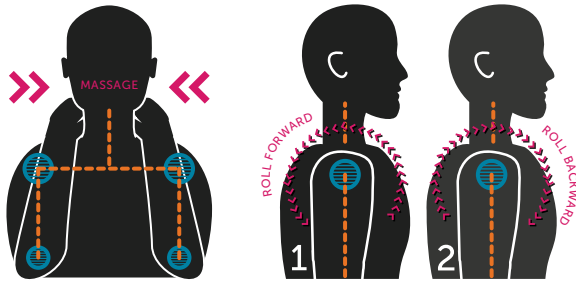
BENDING STAR

- From Straighten Up Position, move your feet shoulder width apart and raise your arms to the side.
- Breathe in slowly. Bend your spine to one side, raising one arm over your head.
- Slowly return to starting position.
- Repeat twice per side.

TRAP OPENERS

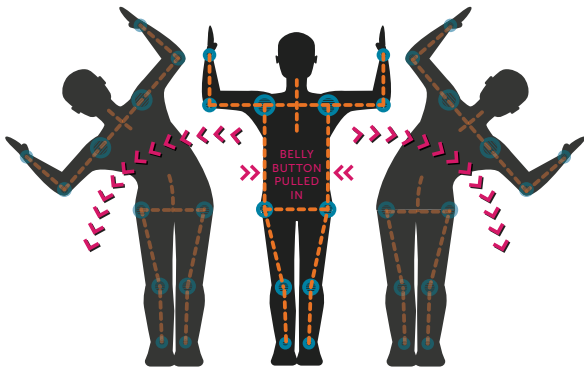


- From Straighten Up Position, breathe deeply and let your head hang loosely to the front.
- Keep your shoulders back and gently roll your head from side to side a few times. Be careful not to roll your head back or past your shoulders, as this can put a strain on your neck.
- Then bring your hands up to gently massage the back of your head and neck. Drop your arms to your sides, relaxing your shoulders.
- Slowly roll your shoulders back and forward for 15 seconds.



BENDING CIRCLES

- From Straighten Up Position, bend your arms and raise your hands in the air.
- Rotate your shoulders backwards making small circles in the air with your arms.
- While making small circles, bend gently at your waist from side to side.
- Keep your belly button pulled in. Repeat twice per side.



For more information about getting a good night's sleep, assessing sleep related pain and finding a chiropractor, visit www.chiropractic.on.ca.

Please note that these exercises are intended for healthy children and adults. If you experience difficulty performing any of these exercises, please stop and consult a chiropractor or other health care professional.



Ontario
Chiropractic
Association