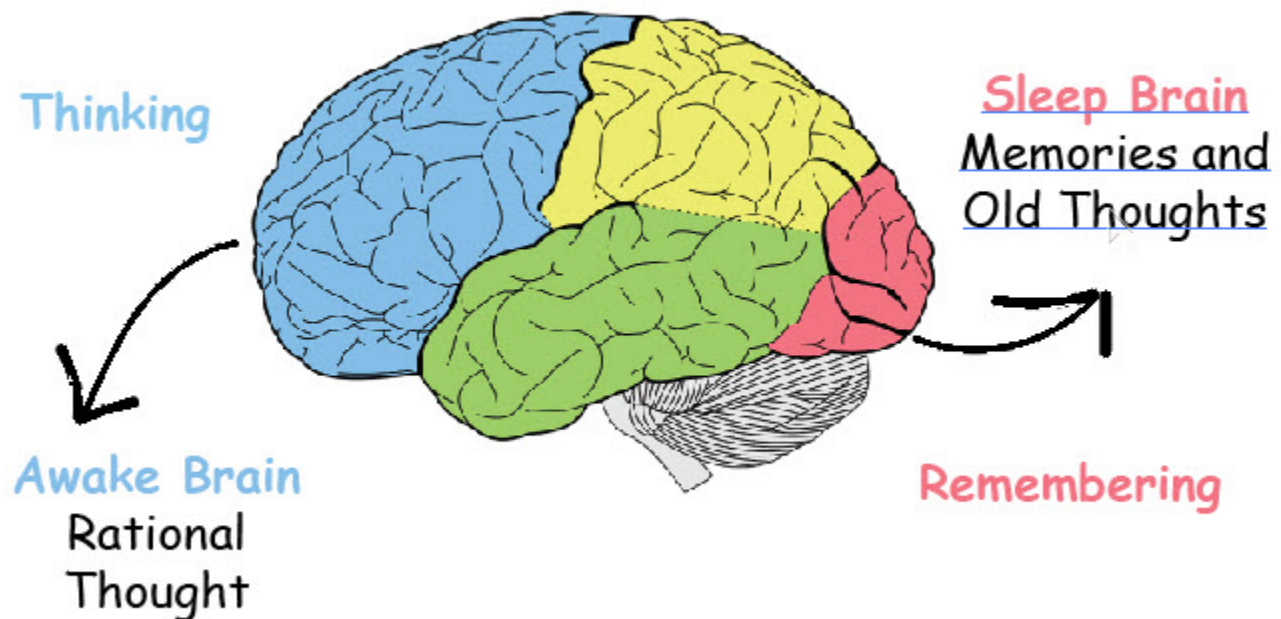


# THE YOGA TEACHER'S LAB

## Your Brain and Sleep: Stop Thinking and Start Remembering

Sleeping is a big mind game. There is something very interesting that happens when you start to sleep that I want to teach you about so that you can master it and use it to your own advantage.



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Our brains are beautifully designed. Different parts of it do different things and most of it works on auto pilot. There is a lot of it we cannot control, but the part we can control is called the Pre-Frontal Cortex. It is the rational thinking part of our brain that often causes problems when we try to fall asleep.

The other parts of the brain I want to talk about are in the back with our memories, they are called the sleep centers. It is very difficult to be thinking and remembering at the same time when two different parts of the brain are at play.

The exception would be when we settle our brains down into a sleep state and think in ways that are very addictive to stay in. For example; if you have something on your mind you can actively use your conscious part of the brain to access your subconscious part to stay in that active state of consciousness. When this occurs you most likely have a tough time falling asleep, and even worse, find yourself waking up a lot throughout the night.

If you are THINKING, you will never be able to fully get into your sleep brain and will therefore have problems falling asleep.

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To be able to get to sleep and stay asleep you have to access your subconscious brain by focusing on memories of your past. Like a walk you once took in the woods, or remembering a sporting event.

A great micro-skill to mediate before bed is the skill of doing nothing. Your thinking mind will shut down and your sub-conscious memories will appear. Try it while laying down all cozy.