

GETTING BACK TO SLEEP



A effective tips to help you quitten your head and get back to sleeping

Eye Movement Sleep Technique (EMST)

A sequence of eye movements, often with eyes closed, that may help reduce anxiety and promote sleep by mimicking REM sleep's bilateral stimulation

1 Keep your eyes to look up for two seonds.

2 You're going to look down for two seconds

3 You're gonna look to the left for two seconds

4 Look to the right for two seconds

X 3
And then go clockwise for two or three seconds

1 Keep your eyes to look up for two seonds.

2 You're going to look down for two seconds

3 You're gonna look to the left for two seconds

4 Look to the right for two seconds

5 And then you look down at your nose like this as if you're cross-eyed for two seconds

Why Does Eye Rolling Work?

Activation of the **parasympathetic nervous system**: The act of rolling your eyes engages the parasympathetic nervous system, which is responsible for promoting relaxation and rest. This activation helps slow down various bodily functions, including heart rate and digestion, creating an ideal state for sleep.



Mental relaxation: Rolling your eyes upwards requires concentration and mental focus. By diverting your attention away from racing thoughts or external stimuli, you can induce a sense of mental relaxation, making it easier to fall asleep.