

DIFFICULTY FALLING ASLEEP?



BLISSFUL

sleep

PROGRAMME



MAHARISHI
Ayurveda

Welcome to the Blissful Sleep Programme



Restoring quality sleep using the approaches of Maharishi Ayurveda can be an enjoyable journey that connects you once again with a vibrant state of inner and outer well-being. Are you ready for the journey? Let's get started!

My name is Linda Sinden and for the past 25 years I've been helping people **enjoy blissful sleep night after night**. You have within each of your cells the healing power of nature and it is my job to help you unlock or switch on this natural healing power within you.

This awesome healing power of nature is responsible for your body's ability to knit together a cut or a broken bone and is the intelligence behind the automatic self-repair mechanism within your body. This intelligence helps to keep your digestion, metabolism and elimination, fluid levels and all your body systems within a healthy balanced range.

Ayurveda explains blissful sleep is a natural result of mind-body balance. Experience in over 10,000 consultations has shown me that it is our simple everyday choices that over time create **sleep onset issues**. In the Blissful Sleep Programme we show you the key dietary, lifestyle and herbal choices to help empower you in order to restore and maintain mind-body balance.

Nature's Own Health Care System

According to Ayurveda we have all been given a unique blueprint by nature in our body type. Our unique body type instinctively reflects how nature intends us to live. By listening to and following these natural tendencies the body is capable of achieving balance with minimal effort on our part.

Why has the natural cycle of sleep, one of the supporting pillars of life, become disturbed in you?

Ayurveda explains that difficulty getting to sleep, where you toss and turn, are unable to fall asleep due to a busy mind, or when sleep is light and restless, is caused by an imbalance of Vata dosha and specifically Prana Vata. This may also go along with feeling anxious, worried and rushed in your daily activity.

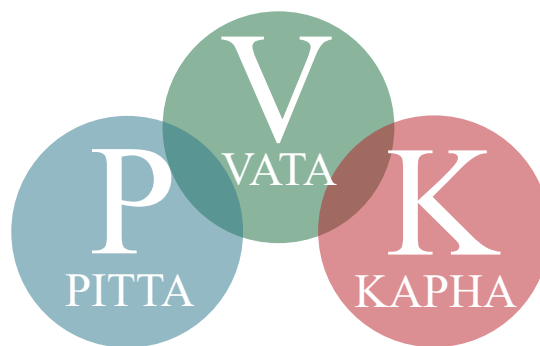
A Deeper Understanding

From an Ayurvedic perspective the world is seen as a combination of five elements - space, air, fire, water and earth. These five elements combine to create three doshas or organising principles of nature called **Vata**, **Pitta** and **Kapha**.

These doshas influence our mind-body balance at the junction point where thought turns into matter. They allow mind and body to communicate and any imbalance is the first sign that your mind and body are not perfectly coordinated. Restoring balance allows the possibility of a healthy mind-body system.

Each of the doshas have specific functions while at the same time regulating thousands of separate functions in the mind and body. Nature requires all three to build and maintain a human body.

- **Vata controls movement or motion** to guide breathing, blood circulation, passing of food through the digestive tract and the sending and receiving of nerve impulses from the brain.
- **Pitta controls metabolism** to process food, air, water, thoughts and feelings throughout the body.
- **Kapha controls structure** to hold cells and matter together to form muscle, fat, bone and sinew.



Tell me about Prana Vata

Prana Vata is located in the head, brain and chest. It is the upward moving wind of Vata from the navel into the head. Prana Vata enlivens the nervous system, senses, emotions and intellect.

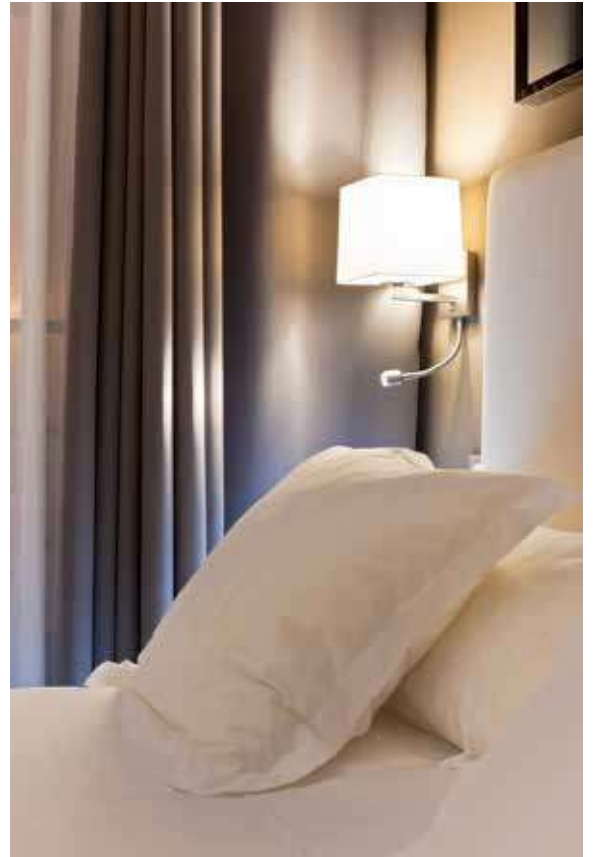
- Imbalance is linked to worry, anxiety, over-active mind, sleep problems, neurological disorders, asthma, respiratory complaints, tension headaches
- Can become imbalanced due to mental strain, inadequate sleep, late bedtimes, lack of oil in our diet, too much computer work

In helping restore blissful sleep we primarily focus on restoring balance to Vata and Prana Vata.

1. Quality Sleep - Bedtime by 10 pm

Your body has within it the memory of what is a natural sleep rhythm that provides a daily reset to your brain and nervous system. When you have difficulty falling asleep this rhythm is being overridden by mental excitation, frustration, heavy food at night and sensory overload. Create a soothing and relaxing evening routine and make it a habit. The regularity of your evening routine will help the mind settle so that you can more easily slip into blissful sleep.

- **Have a warm moderate sized Vata evening meal by 6-7pm.**
- **Have a 15-30 minute easy stroll after dinner** to aid digestion and to alert the pineal gland that the sun is setting or has already set. This reduction in light helps your brain prepare for sleep.
- **Wind down for 1.5 to 2 hours prior bed with relaxing activities.** Avoid studying, computer work or mental stimulation and movies that are fast paced or violent when winding down, so your brain can switch off and relax.
- **The best time for you to lie down to rest is between 9.00- 9.45 pm. The best time for you to wake and rise is 6.00 am**
- **Take your recommended herbals** to help switch off the mind and to activate the sleep centres in the brain in a natural way.
- **Keep the bedroom as a rest zone**, free from computers, tablets, TV, books, mobile phones etc.
- **Use natural fibres for bed linen and clothing** for a more comfortable sleep and ensure your curtains keep the room dark.
- **Do not have clocks or any item that shines a light** in your bedroom as light can cause the brain to think it's time to wake or be active.
- Drink a relaxing tea or **Slumber Time Tea** 20-30 minutes prior bed.



2. Balancing Morning Routine

Why do I need to rise early and follow this morning routine?

Your body is sensitively attuned to the delicate messages of nature at sunrise, alert to the slightest influence, silent and poised in a delicate balance. It is a time of renewal for the start of a new day.

Waking with the birds when your cortisol levels peak around sunrise and starting the day with ease, ensures you start your day in balance.

Your morning choices contribute to how balanced your body and mind is during the day and in turn at night time. So starting your day in balance makes it a lot easier to be settled in the evening so you can blissfully fall asleep by 9.45pm.



- **Wake prior sunrise or at 6am.** Have a glass of water beside your bed and drink it prior to standing up and getting out of bed. Standing up after taking this drink triggers the body to create downward movement in the intestines and encourages a bowel motion first thing.
- **Then go to the bathroom.** This is the ideal time of the day to have a bowel motion. Next clean your teeth and your tongue if it is coated.
- **Have a drink of lemon or lime juice** (juice of $\frac{1}{2}$ a lemon or from 1 lime) lukewarm water and 1 tsp of unheated honey and 1-2 pinches of ginger powder. Stir until the honey is dissolved and then sit and drink with full attention. This tastes good and stimulates digestion and elimination too.
- **Next give yourself a 1-2 or 5-10 minute body massage** followed by bath or shower.
- **After dressing take a few minutes for meditation,** prayer, or to vision the day ahead. Starting your day with a 'quiet time' greatly eases the nervous system helping you to feel calm and composed through the day.
- Then have your **Blissful Sleep Breakfast.**

Note: If time allows an early morning walk is very grounding and refreshing at the same time!

Blissful Sleep Breakfast

For your first food of the day on rising stew or bake a fresh apple or pear along with 8 prunes, or 5 prunes and 2 figs that have been soaked overnight. Follow with a warm cooked whole grain cereal, seasoned with ginger, cinnamon or cardamom. Cold or raw fruit in the morning is not recommended for you.



Baked or stewed apple or pear

Put the whole apple or pear in the oven and bake at 176 degrees Celsius for about 30 minutes or until soft. For best results, insert three whole cloves around the circumference of the apple or pear before baking. Remove from the oven and allow it to cool before eating.

Follow your apple or pear with eight prunes that have been soaked overnight.

To stew, simmer one sliced apple or pear in two cups of water with three whole cloves for about thirty minutes or until soft. Cooking the prunes with the apple or pears is also beneficial. Remove from heat and eat at a comfortable temperature

3. Regular Meal Times

Establishing a regular pattern of eating is key to mind body balance. Your body's 'master clock' and every organ has its own 'clock cells' that synchronise bodily rhythms such as appetite, digestion and elimination.

For example your digestion goes through a daily rhythm of rising and falling in step with nature around us. When in balance you will be

- slightly hungry in the morning
- very hungry at noon and
- moderately hungry in the early evening
- in between these times digestion shuts down your appetite so the food you have eaten can be digested.

If this cycle becomes confused then both appetite and digestion start to overlap and leads to incomplete digestion, gas and bloating. Thus Ayurveda recommends eating at regular intervals through the day, starting with your **Blissful Sleep Breakfast, lunch at 12 noon and a light warm evening meal by 6- 7pm.**

Lunch time tips

Ayurveda explains that our digestive power (or fire) is like the sun, hottest at midday. Prior to the Industrial revolution, everyone ate their largest meal in the middle of the day, with a light and warm early evening meal.

With the advent of the industrial age it did not suit industry to have a longer lunch time due to the loss of work time. As your body is in synchrony with nature's rhythms, it continues to look for your main meal of the day at lunch time in order to maintain mind-body balance, which in turn affects your sleep patterns. So where you can, **increase the amount of food you have at lunchtime and decrease the quantity of food in your evening meal.**

- To avoid feeling drowsy after eating, don't drink alcohol at lunch, choose warm water and avoid iced tea, ice water or very cold soft drinks. These drinks dull digestion and increase gas and bloating as they make it harder to digest what is eaten.
- Choose a location where you can enjoy your food. Make sure it is away from work-related interruptions. It is your time out from your busy day. Take the opportunity to relax and allow your body to digest comfortably without tension that can disturb digestion.



Note: If you find yourself skipping lunch in the midst of a hectic day, you may want to rethink your schedule. Proper meal timing may be just the thing you need in order to cope with a busy schedule

4. Helpful Herbals

Blissful Sleep

Blissful Sleep is side-effect free and supports your natural ability to **fall asleep faster** resulting in a deeper, more refreshing sleep. Muskroot and Indian Valerian help you relax into sleep, Brahmi and Ashwagandha restore the body's own inner intelligence to improve the quality of sleep, and other herbs help to slowly repair the immune system and weakened coordination between heart and mind, arising from long term sleep debt. People report feeling fresh, enthusiastic, less stressed, with an increased ability to concentrate and better ability to manage.

- **Take 1-2 tablets 30 minutes prior bed with warm water or warm milk.**



Slumber Time Tea

The soothing herbs and spices in Slumber Time Tea help relax the mind-body connection for a better quality of sleep, so you can get the rest you deserve. Includes Cardamom, Licorice root and Spearmint.

- **Drink 1 cup of Slumber Time Tea 30 minutes prior bed.**

5. Blissful Sleep Food and Drinks - Fresh & Warm

"Fresh seasonal foods, prepared by a happy cook, eaten with full attention, in a timely manner (at regular intervals during the day) when appetite is present, will have the best result."

Choosing a Vata settling diet is key to settling Vyana Vata within you in order to restore blissful sleep. Vata is the moving, quickly changing dosha and it adapts quickly to positive changes in diet. You'll notice that your energy level is steadier and that eating Vata settling foods helps you feel more happy and calm. As Vata dosha gives erratic digestion, well-cooked foods that we associate with winter are best for Vata dosha such as hearty stews and soups, slow cooked casseroles, fresh-baked bread and fruit pies. Try buttered lentils, pasta or a hearty minestrone-style soup.

- Have regular mealtimes in a quiet, settled environment. Dine either alone or with people you genuinely like. Negative emotions, whether yours, the cook's, or from people around you, is likely to disturb digestion.
- Use spice to warm up your digestion - ginger, cinnamon, fennel and cardamom.
- An instant way to settle Vata is to sprinkle **Vata churna** over your plate at the table or use in the cooking process. Favour warm, moist, soothing foods such as warm milk, cream, butter, warm soups and slow-cooked stews, hot cereals and fresh-baked bread as they will soothe you best.
- When feeling nervous, worried or anxious a bowl of hot oatmeal, or cup of creamed vegetable soup will help you feel much better than a sugar rich drink or chocolate bar.
- Drink plenty of warm or hot liquids and avoid ice-cold and carbonated drinks which aggravate Vata. **Vata Tea** and **Tranquilitea** are particularly good for you.
- Drink lassi (a traditional Ayurvedic drink) to help rid the body of excess Vata at lunch time.
- A cooked cereal that is warm, milky and sweet is best for breakfast.
- Stop at 12 midday to have your main meal of the day when your digestion is strongest.
- For an energy boost late afternoon have **Vata Tea** and a date slice or biscuit. Take 5 minutes to relax as you drink your tea. This will help raise your energy for the evening.
- At dinner have hot soup instead of salad, have bread and butter and a warm dessert such as apple sponge, date pudding or apple pie. Or have a hot breakfast cereal again.
- Avoid eating late at night as your body will feel worse in the morning. A drink of warm milk with cardamom, ginger, nutmeg and a little raw sugar is tasty and helpful at this time.

Helpful food choices

Take a look at the foods to favour, and those to avoid.

Foods to Favour

General	Less salt, less oily food, more preference to cooked leafy green vegetables, takra, kanjee, garlic, milk is good.
Grains	Whole rice, mung dahl, whole wheat, barley, rye, semolina, couscous, millet.
Vegetables	Garlic, small red onion, coriander leaves, asparagus, artichoke, tender radish, green beans, spinach, beetroot, squash, zucchini
Dairy	Ghee in small amounts, milk diluted with water 1:1 and boiled once with ginger
Sweeteners	All sugar cane products. Honey in small amounts
Oils	Less quantity of olive oil, sunflower oil
Nuts, seeds	All except peanuts. Seeds in small amounts
Spices, condiments	Turmeric, cumin, mustard seeds, fenugreek, hing (asafoetida), rock salt, pink salt, ginger, garlic, black pepper, cinnamon, cardamom, cloves, mint
Fruits	Pomegranate, grapes, watermelon, kiwifruit, apricot

Foods to Avoid

General	Alcohol, oily food, cold food, left over food, cold ice water, carbonated drinks, heavy meal at night
Dairy	Cheese, yoghurt
Spices, condiments	Salt
Protein	Meat, Fish

6. Digestion Tips

- **Eat in a settled environment, sitting down, with full attention.** Ayurveda explains that we digest what we taste, hear, see, touch and smell - in effect we digest every experience we have. When experiences compete for attention such as watching TV or reading while eating, food digestion suffers.
- **Take a meal only when the previous meal is digested (from 3 to 4 hours)** If there is food sitting in your stomach when you eat again, the new mixes with the old partially digested foods disrupting healthy digestion, metabolism and elimination. You may also need to have a warm drink and snack mid morning and mid afternoon .
- **For your first helping take an amount of food that fills your two cupped hands** Ayurveda makes a connection between the size of your hands and the ideal quantity of food to sustain you. This instruction makes it very easy to eat the right amount of food for you. For a snack take an amount of food that fills one cupped hand.
- **Eat at a moderate pace, not too fast and not too slow** Being attentive to chewing your food before swallowing helps to keep the pace of eating at a comfortable rhythm and ensures the food is broken down properly for the stomach. If you swallow chunks of food without chewing properly, this puts a strain on your food and drink moving through the intestines and can give rise to indigestion and problems with elimination.
- **Speak only after the food has been swallowed** otherwise wind will also be swallowed with your food creating imbalance in the gastrointestinal tract.
- **Sip warm or hot water with your meal** Cold drinks shock the body and disrupt how food moves through your stomach and intestines. Choose lukewarm or hot drinks over cold.
- **Sit quietly after your meals for a few minutes** At the end of a meal your body is busy as it gets to work breaking food down to be digested. Ayurveda suggests you sit quietly for a few minutes after eating. This really helps digestion.
- **To aid digestion take a walk after lunch and dinner for 10-15 minutes** After sitting quietly for a few minutes at the end of your meal, stimulate complete digestion with a 10-15 minute easy walk. This also helps reduce feelings of heaviness or dullness after eating.
- **Reset your digestion every 4 weeks with a soup and juice day** Day to day digestion is helped when we give the stomach and intestines a rest from solid food at regular intervals. Then the digestive fires burn brighter during the rest of the month.



Reset my Digestive Power Monthly

Why should I reset my digestion once a month?

Your digestive power goes through a daily rhythm of rising and falling in step with nature around you - slightly hungry in the morning, very hungry at noon and moderately hungry in the early evening. In between these times appetite is shut down for digestion to occur. If this cycle becomes confused then both appetite and digestion start to overlap causing symptoms such as

- A coating on your tongue first thing in the morning when you wake .
- Acid stomach, indigestion or heartburn
- Nervous or fluttering stomach
- Loss of normal appetite at mealtimes
- Constipation or diarrhoea
- Lack of interest in food
- Being overweight or underweight

Serious digestive imbalances such as irritable bowel syndrome, ulcers, diverticulitis etc.

Any of the above signs indicate resetting agni would be helpful.

7. Reducing Stress

Feeling stressed is the body's response to changes that create challenging demands, but it's not always a bad thing. It can often be a source of motivation and a necessary component for survival. However, excessive or prolonged periods of stress can be bad for our health. Stress can take hold in a number of different forms

- Heart palpitations, headaches, and excessive sweating are all physical symptoms of stress.
- Psychologically, stress can present itself through bad dreams and broken sleep, irritability, lack of confidence, and depression.
- Stress can aggravate an existing illness and make you more susceptible to viruses and infection.
- Individuals under stress may find they suffer from poor appetite, resorting to cigarettes, excessive alcohol, or drugs.



About TM - Transcendental Meditation

Stress affects digestion, metabolism and elimination. It loads the liver and damages your heart. It increases hormones that make your heart beat faster, narrow your arteries and increase your blood pressure. It switches off or reduces digestion and elimination as they are seen as secondary to the need to survive the current stressor. Therefore reducing stress is important to help reduce the impact it is having on your digestion.

Research has shown how TM helps reduce stress hormones, dilate your blood vessels, decrease blood pressure, and improve heart health in general. When stress is reduced then the stomach is able to digest food more easily and elimination is regular.

Learn more [New Zealand](#) | [Australia](#)

Programme Support

How long will I need to follow the Blissful Sleep Programme?

If your condition has been long term then you will need to follow this regimen for a minimum of 4 weeks to help restore the body's memory of blissful sleep. It will be worth the focus as restoring blissful sleep is a great gift to your long-term health and wellbeing.

How will I know when I can stop following the programme?

Take note of how long it takes for your body to restore blissful sleep. Then follow the programme for this amount of time again. For example, If it takes 4 weeks then follow the programme for a further 4 weeks.

It is during this time that the deeper-rooted imbalance is being addressed. It is important **to continue for this amount of time again to ensure that the root cause of your imbalanced elimination is adequately addressed.**

Maintaining Balance of Vata

The daily routine and dietary recommendations within this programme help to keep Vyana Vata in balance thus protecting your sleep in the future. Therefore consider adopting the key elements that you noticed made a big difference for you.



Lassi and Yoghurt Recipes

How to make a lassi drink

1. Mix 1 part fresh yogurt (see recipe below) with 6 parts room temperature water – even up to 1:12 parts in hot summer
 2. Blend in a blender
 3. Skim off the froth at the top of the fluid.
- To make salty lassi add a pinch of rock salt, cumin and ginger.
 - To make a sweet lassi add a little raw sugar (dried cane juice eg Rapadura is best) ginger, cardamom and rose water to taste.



How to make Yoghurt

1. Bring milk (not rapidly) just to the boil – raw unpasteurised is best, second best is organic non-homogenised A2 milk.
2. Let the milk cool to 40 degrees Celsius.
3. Add yoghurt starter (the first time you make it you will need to use a starter – a good one - but afterwards you can use yoghurt from your previous batch as a starter). Use about 1/4 teaspoon of starter to 1 cup of milk. Stir the starter thoroughly into the milk (Yogourmet freeze dried yoghurt starter, made in Canada is a reliable starter)
4. Put in a warm dark place – a thermos flask works well – and leave undisturbed 5 to 7 hours.
5. Once made, don't refrigerate the yogurt – leave it at room temperature and use it the same day it is made.

Be Active Most Days

Being active in some way that you enjoy each day is important for your wellbeing.

- As a minimum take an easy walk for 30 minutes most days at a comfortable pace.
- Consider making the Sun Salutation exercise part of your daily routine in the morning prior your shower. It stretches all the main muscle groups, tones the internal organs and uses your body weight to provide resistance training. It is a good way to gently stretch and kick-start the metabolism in the morning. Traditionally this exercise is also used to help balance emotions and moods first thing in the morning.

Sun Salutation Instructions

- The optimal time to perform this exercise is just prior to morning yoga asanas - ideally in the early morning, facing the rising sun. If it is performed at other times during the day, the guideline is at least 1/2 hour prior to meals or at least 3 hours after meals.
- The diagram below illustrates one full cycle of the Sun Salutation exercise.
- A maximum of 12 cycles per session is advised.
- There are 2 Equestrian positions per cycle. Use the same knee forward throughout each cycle. Switch to the opposite knee forward for the next cycle. Alternate the knee forward as you progress through several cycles.
- There are 2 Equestrian positions per cycle. Use the same knee forward throughout each cycle. Switch to the opposite knee forward for the next cycle. Alternate the knee forward as you progress through several cycles.
- Once in a position, hold that position for 5 seconds.
- Please note the breathing patterns recommended for this exercise. The inhale or exhale is often completed before the end of the 5 second hold period; hold your breath until the inhale or exhale of the next position is started.
- As you assume the 12th position, exhale for 5 seconds. If you continue into another cycle, neutral breathe for 5 seconds in position #1 before moving into position #2.
- After completing the last cycle, lie down on your back, arms at your sides, palms facing up, resting eyes closed for 2 minutes.



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