A	
affirmations	D
choosing and creating, 140–143, 141	definition of insomnia, 22
effectiveness of, 56, 63–64, 138–139, 157–158	depression or anxiety, 21, 41–42, 44, 47, 153
guidelines for using, 65–67, 139	disorders, sleep
alcohol and drugs, 26, 38–40, 152, 153	apnea, 43–44
amount of sleep required, 22, 33	Restless Leg Syndrome, 44–45
anxiety or depression, 21, 41–42, 44, 47, 153	distractions, meditation and, 137-139, 148-149
apnea, 43–44	drinking, 154
āsanas. See poses	doctors, consulting with, 11, 158–159
awakening, middle of the night, 145-149	dream sleep, 31–33
awakening times, regular, 151-152	drugs and alcohol, 26, 38–40, 152, 153
awakening times, regular, 131-132	drugs and alcohor, 20, 30–40, 132, 133
В	E
bananas, 48, 153	eating, 153–154
baths, timing of, 152	energy, subtle, 59–63 <i>See also</i> "higher reality"
bedroom ambiance, 154–156	exercise, 20–21, 154
body clock, 31–35, 40, 151–152	CACICISC, 20–21, 134
	F
body temperature, elevated, 31, 34, 152	
breathing	food, 153–154
"1:2 Breathing in Corpse Pose", 131–133	**
with affirmations, 139	Н
"Calming Breath", 128–131, <i>129</i>	habits, retraining, 28–29, 53, 55–56, 151–158, 161–164
diaphragmatic, 81–84, 82	health problems, 42–45, 153
effects of, 55–56, 84	herbs and supplements, 47–48 See also medications
full yogic, 84–85	"higher reality", 64 See also energy, subtle
"Full Yogic Breath Flow", 96–97, 98–99	hot flashes, 153
"Full Yogic Breath in Mountain Pose", 94–96, 95	
guidelines, 85–86	I
stopped (apnea), 43–44	interrupted sleep, 145-149
with visualization, 136–137	1 1/
C	J
causes of insomnia	jet lag, 37–38, 40
alcohol and drugs, 26, 38–40, 152, 153	
body temperature, elevated, 31, 34, 152	L
computer use before bed, 24, 157	legs, restless, 44–45
depression or anxiety, 21, 41–42, 44, 47, 153	light, exposure to, 35, 152
drinking at bedtime, 154	
drugs and alcohol, 26, 38–40, 152, 153	M
eating at bedtime, 153–154	medications, non-prescription, 26, 48
exercise, lack of, 20–21	medications, prescription, 46–47, 157, 159
health problems, 42–45, 153	medications, timing and dosage of, 152–153, 157
jet lag, 37–38, 40	meditation
medications, 26, 39, 46–48, 152–153	benefits of, 55–56
naps, 152	distractions and, 137–139, 148–149
sleeping pills, 26	melatonin (for jet lag only), 47
stress, 55–56	menopause, 153
television use before bed, 24, 157	middle-of-the-night awakening, 145–149
work schedules, 23–25, 40	milk, 48, 153
cautions with physical conditions, 89 See also specific	
poses	N
circadian rhythms, 31–35, 40, 151–152	naps, 152
computer use before bed, 24, 157	nervous system, 55–56
consequences and costs of insomnia, 23–27	•
cycles, sleep, 31–33	

```
P
physical discomforts, managing, 153
   "1:2 Breathing in Corpse Pose", 131–133
  "20-Part Body Recharging", 90–93, 91
  "20-Part Progressive Relaxation", 134–136, 135
   "Calming Breath", 128-131, 129
  cautions with physical conditions (see also specific
   poses), 89
   "Child Pose", 108–110, 109, 111
  effects of, 55-56, 61-63
   "Fish Pose", 122–124, 123
   "Full Yogic Breath Flow", 96–97, 98–99
  "Full Yogic Breath in Mountain Pose", 94–96, 95
  guidelines for, 63, 68-69, 86-89
   "Hare Pose", 104–106, 105, 107
  "Lunge", 100-102, 101, 103
   "Posterior Stretching Pose", 118–121, 119, 121
  "Supine Firm Pose", 112–116, 113, 117
```