3 Screen-Free Bedtime Alternatives

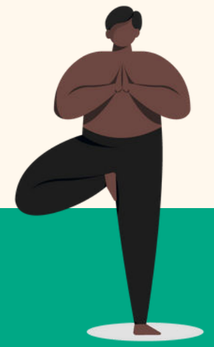
Digital Wind Down - Guide

🫁 4-7-8 Breathing

Perfect for calming a racing mind before sleep.

How it works:

- Inhale through your nose for 4 seconds.
- Hold for 7 seconds.
- Exhale through your mouth for 8 seconds.
- Repeat x4 while lying in bed. Feel the calm settle in.



🎧 Guided Sleep Meditation

End your day with our audio, designed to relax your mind and body.

This 10-minute guided meditation helps you to fall asleep relaxed. Find a nice position: lying down or sitting in a chair.

Guided Sleep Meditation:
Listen on Spotify

🌙 3-Minute Sleep Stretch

Reduce tension and slow your nervous system with this strech sequence:

- **Neck Rolls (30s/side):** Drop your ear to shoulder. Gently roll head forward and to the other side.
- **Shoulder Rolls (30s):** Shrug up, roll back and down in slow circles.
- **Supine Twist (30s/side):** Lie on back, hug knees in, drop them to one side. Arms in T-shape.