Bedtime Stretches

14 gentle stretches on your bed, with pictures. About 8 minutes.

Wakeout

Sit cross-legged on your bed, or on the edge if that is easier. Go only as far as feels good and keep breathing. Never pull on your head. Stop if anything hurts or you feel dizzy.



Tree Sway

Raise both arms overhead. Sway slowly from side to side like a tree.

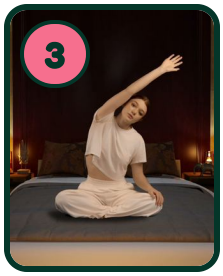
8 slow sways



Reach Over - Left

One arm up and over your head. Lean to the other side, then come back up.

4 slow reaches



Reach Over - Right

Now the other arm up and over. Lean the other way, then come back up.

4 slow reaches



Rotating Bed Touches

Turn to one side and touch the bed beside you with both hands. Then the other.

5 each side



Side To Side Elbow Touches

Lean to one side and lower your elbow toward the bed. Sit up, then the other.

4 each side



Upper Body Circles

Hands behind your head. Draw a slow, big circle with your upper body.

4 each way



Upper Body Leans

Hands behind your head, elbows wide. Fold forward slowly, then sit up tall.

6 slow reps



Arched Back Breaths

Hands on the bed behind you. Lift your chest, look up and breathe slowly.

5 breaths



Neck Lean - Left

Tilt your head to one side. Reach the opposite arm out low. Hold.

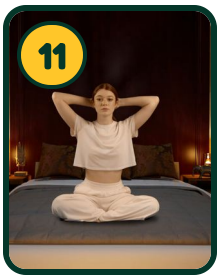
20 seconds



Neck Lean - Right

Now tilt your head to the other side. Reach the opposite arm out low. Hold.

20 seconds



Neck Pull Down

Hands behind your head. Let your chin drop to your chest, then lift back up.

5 slow reps



Left Arm Over Right Lean Over

Cross your arms, a hand on each knee. Fold down toward one knee. Hold.

20 seconds



Right Arm Over Left Lean Over

The same fold with arms crossed, toward your other knee. Hold.

20 seconds



Crossed-arm Bows

Hug your shoulders with crossed arms. Bow forward slowly, then sit up tall.

5 slow bows

Watch every move on video:

wakeout.app/exercises/gentle-bedtime-stretches-before-sleep

Your 8-minute bedtime stretch routine

Do all 14 stretches in order, slowly. Then lights out.

Sleepy already? The 4-minute version:

1. Tree Sway
2. Reach Over - Left
3. Reach Over - Right
4. Rotating Bed Touches
6. Upper Body Circles
9. Neck Lean - Left
10. Neck Lean - Right
14. Crossed-arm Bows