



Body Awareness for Sleep

What is Body Awareness?

Body Awareness, also sometimes called a “Body Scan,” is a mindfulness technique where you learn how to mindfully pay attention to different parts of your body and become aware of any sensations you are feeling in your body. Focusing on different parts of your body is another way to keep your attention on the present moment.

Where and how do I do Body Awareness?

Body Awareness can be done either lying flat on your back, sitting comfortably on the ground or a bed, or sitting in a chair. You can mindfully pay attention by starting at your feet and working your way up, body part by body part, to the top of your head. Or, if you prefer, you can mindfully pay attention by starting at your head and working your way, body part by body part, down to your toes. You are the best judge of where on your body you want to start when you do your home practice. Wherever you choose to start is right for you!

How does Body Awareness help me sleep?

Body Awareness helps calm your mind and relax your body. When your mind is calm and your body is relaxed, it is easier to go to sleep, stay asleep, and get quality sleep. Whenever you find yourself lying in bed unable to relax or worrying about sleep or other things, you can use Body Awareness to guide your attention to the present moment. Sleep will come naturally when you are not struggling with it.

Why should I practice Body Awareness every day?

Body Awareness is a skill, and like any skill, the more you practice it, the better you become at it and the more helpful you will find it for sleep, relaxation, and stress reduction. We invite you to practice Body Awareness every day – even 5 minutes can be very beneficial.

How long should I

You can practice Body Awareness for anywhere from 3 minutes to an hour and at any time during the day.

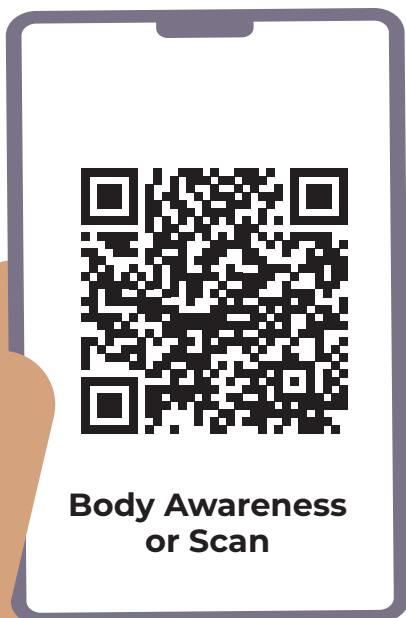
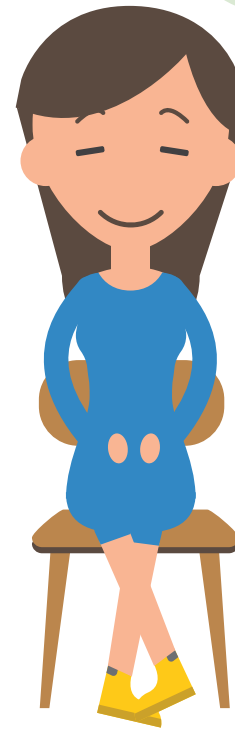
practice Body Awareness?



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When is the best time of day for me to practice Body Awareness?

You are the best judge of when in your day is the best time to practice. You may choose to practice Body Awareness right before bed or after you come home from school. You may even want to experiment with practicing Body Awareness at different times in the day to see when you find it to be most helpful.



How do I practice Body Awareness at home?

When you are first learning Body Awareness, it is helpful to listen to an audio recording to guide you through the practice. There are 2 ways you can listen:

1. Download the free app called Breathr and play the 5 minute guided meditation called “Body Scan” – it is a Body Awareness practice. You can also explore other short guided meditations and mindfulness practices on the same Breathr app.
2. Go to the website using the QR code to the left or go to www.mindfulnessforteens.com/guided-meditations/ and click on the audio link for the 10 minute “Body Scan (Short)” guided meditation. You can also click on a longer practice that is ~ 30 minutes called “Body Scan (Long)” or explore other mindfulness meditations on the same website.