



LIFESTYLE WELLBEING

USHVANI SPA IN CHELSEA LAUNCHES SLEEP WELLBEING WORKSHOPS

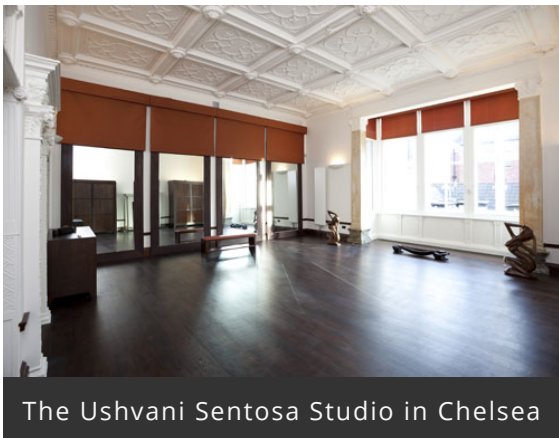
Victoria Purcell on 30th August 2018

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Beat insomnia with new monthly Sleep Wellbeing workshops at Ushvani Spa in Chelsea to help you focus on stress reduction and give you practical skills to enhance your sleep-wellness

Following the successful launch of its first Sleep Wellbeing class earlier this year, Ushvani is launching Sleep Wellbeing workshops to help you focus on stress reduction and providing you with the practical skills to enhance your sleep-wellness.

Nothing renews the body and mind quite like sleep, naturally allowing the body to restore and heal. Sleep is an often overlooked aspect of wellbeing and contributes to our general health, quality of life and even our life expectancy.



The Ushvani Sentosa Studio in Chelsea

Our sleep schedule provides the foundation for our mental and physical wellbeing, and without sufficient rest we can't function at our optimal level.

Insomnia is on the rise, which is partly due to a lack of education concerning the science of sleep. Many of us lack the knowledge to create the right environment for sleep to occur naturally and easily.

Sleep disorders can lead to long-term health conditions, yet all of this could be avoided with a few easy lifestyle changes.

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environment for sleep to occur naturally

Ushvani's Sleep Wellbeing classes will help you create positive lifestyle changes to transform your sense of wellbeing and restore inner vitality. In the peaceful surroundings of Ushvani's Sentosa Studio, the in-house yoga practitioner, Ishat, will coach you in sleep relaxation techniques.

One of the many benefits of meditation and mindfulness is the activation of the body's Relaxation Response – the antithesis of the Stress Response. By evoking the body's natural relaxation hormones, our minds can enter the sleep stage more easily, making it easier to complete a full sleep cycle.

You'll be lead through a series of Pranayama breathing techniques – designed to calm the mind and reduce stress chemicals in the brain – which can then be integrated with Ashtanga yoga or used during meditation prior to sleep.

Increasing oxygen levels to the brain is one of the many benefits of Pranayama breathing, helping to create a restful sleep and mental clarity upon waking.

The class is open to students of all abilities and provides an introduction to Shri Vivek Integrated Yoga with an emphasis on Sleep WellBeing.

Workshops take place at 7pm at 1 Cadogan Gardens, Chelsea SW3 2RJ on the following Thursdays: 20 September, 18 October and 15 November 2018. Classes last 75 minutes and cost £35. To book email reservations@ushvani.com, call 020 7730 2888 or see ushvani.com

THE SCIENCE OF SLEEP

Ushvani shares the knowledge that will help you nod off

- **We need melatonin:** To allow the body and mind to rest we have to create melatonin, and when exposed to artificial lights for a long duration of time we produce cortisol, which reduces melatonin levels.
- **Lights down:** By reducing exposure to artificial light three hours prior to sleep we increase our chances of a restful, seamless sleep cycle. This means avoid working in our sleeping environment.
- **Calculate your sleep cycle:** Where possible we need to have a sleep cycle which allows for eight hours of unbroken each night. There are apps and alarm clocks that can help you do this.
- **Have a routine:** Ideally we should go to bed and wake at the same time every day. A routine waking and sleeping cycle means that our body will learn to create hormones to allow for sleep and we will feel rested upon waking.
- **You are what you eat:** Before going to sleep, avoid heavy meals and reduce the intake of stimulants such as caffeine and alcohol. Sleep Doctor Micheal Breus advises we eat healthy sugars prior to sleep, such as raw honey or dried fruits as the body's sugar levels drop throughout the night, which can increase cortisol levels and cause broken sleep patterns.

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