

Did you know that meditating encourages more restful sleep?

Here's a body scan from the Headspace app
you can learn now, and practice tonight!

Take a break from your thoughts
and do a mindful body scan.



Scan downward through the body, starting at the top of the head and finishing at the toes.

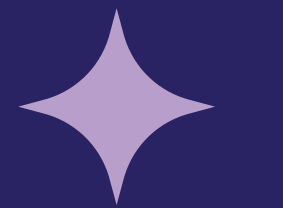
As you scan downward, notice how different parts of the body feel.



What feels comfortable?
What feels uncomfortable?

**This is not about changing
anything or fixing anything.**

It's about noticing.



Stay objective, curious.

With a little practice, you can settle your body and mind.

You can move into a more restful state.

Remember, the Headspace app (with body scans, guided meditations, and more rituals to help you sleep) is available to all employees.

