

Yoga Nidra For Sleep and Stress Relief



Yoga Nidra can be practiced as a form of guided meditation to induce physical, mental, and emotional relaxation. It is intended to induce a highly relaxed state, greater awareness of the body and mind, and has demonstrated numerous benefits.¹⁻⁶

Benefits



Improves sleep quality, insomnia severity, depression, anxiety, and stress scores.^{2,3}



One Yoga Nidra session increases dopamine release by 65%.⁴



Research examining the effectiveness of Yoga Nidra for college students saw reductions in perceived stress and increases in self-esteem.³



Improves muscle tension, and results in lower levels of muscle fatigue, and work stress.⁵

Yoga Nidra Resources

Yoga Nidra

Try out these different yoga nidra practices to help you fall asleep!



[Click here for example practice #1!](#)
[Click here for example practice #2!](#)

Insight Timer

The app features guided meditations, music and talks posted by experts.



Available on the Apple Appstore & GooglePlay

Yoga Nidra Lite

If you're looking for something quick, Yoga Nidra Lite has a collection of 5-10 minute sessions!



Available on the Apple Appstore & GooglePlay

Yoga Nidra: Sacred Sleep

Choose from a range of sessions on this app, all under 30 minutes!



Available on the Apple Appstore & GooglePlay



For a **complete list of references** check out the Reference List page at www.engineeringresilience.ca

Contact us for more information at engineeringresilience.education@mcgill.ca

