

# Free Printable PDF: Yoga Nidra for Sleep (Seniors 60+)

This gentle yoga nidra routine is designed specifically for seniors to help improve sleep quality, reduce insomnia, and calm the nervous system. You can practice this in bed or in a comfortable chair before bedtime.

## Nightly Yoga Nidra Sleep Checklist

- Choose a quiet, comfortable place (bed or chair)
- Dim the lights or turn them off completely
- Wear loose, comfortable clothing
- Set a gentle alarm for 20–30 minutes (optional)
- Lie down or sit with full body support
- Close your eyes gently
- Allow your breathing to become slow and natural
- Follow the relaxation script step by step
- Do not force sleep — allow it to happen naturally
- Practice every night for best results

## Guided Yoga Nidra Script for Sleep

### Step 1: Get Comfortable

Lie down on your bed or sit in a comfortable chair. Let your arms rest naturally. Allow your entire body to feel supported and safe.

### Step 2: Gentle Breathing

Bring your attention to your breathing. Do not change it. Simply observe your natural breath flowing in and out. Feel your body relaxing with each breath.

### Step 3: Relax Your Body

Bring your attention to your feet. Allow them to relax completely. Now relax your legs. Relax your hips. Relax your stomach. Relax your chest. Relax your arms. Relax your neck. Relax your face. Your entire body is calm and relaxed.

### Step 4: Calm Your Mind

Imagine a peaceful place. It could be a beach, a garden, or any place that makes you feel

calm and safe. Feel yourself resting peacefully there.

**Step 5: Allow Deep Rest**

Allow your body to enter deep rest. Your mind is calm. Your body is relaxed. You are safe. You are peaceful. You are ready for deep, natural sleep.

**Step 6: Drift into Sleep**

Do not try to sleep. Simply rest. Sleep will come naturally.

## Benefits of Practicing Yoga Nidra for Sleep

- Helps you fall asleep faster
- Improves deep sleep quality
- Reduces night awakenings
- Calms anxiety and stress
- Improves energy levels
- Supports brain and nervous system health

Practice this routine nightly for best results. Many seniors experience better sleep within 1–2 weeks of consistent practice.

This PDF is provided by [chairyoga.blog](http://chairyoga.blog) to support healthy sleep and relaxation for seniors.