

## Sleep & The Chakras



The Root Chakra is connected to the physical body and its primitive functions (such as sleep). Sleeping is one of the main jobs for this energy center. However, if the energy is too busy tending to its other jobs, sleeping becomes less of a priority. The problem with not tending to this very important root need is that a lack of sleep creates problems within the ENTIRE energetic system.



Our Sacral Chakra is connected to our emotional and sexual health. One of its primary functions is to connect us the beauty and sweetness of life; and it is difficult for us to acknowledge those connections when we are fatigued. Instead, we are irritable and tend to avoid things like sex, play, sensory indulgence, and emotional bonding. Those things fuel the sacral center, and we are unable to give it that fuel when we are too tired. As a result, we may find ourselves in a “rut” of depression and emotional fatigue.



When the Solar Plexus is properly fueled, it gives us courage to keep moving through life as strong, self-controlled, goal-oriented beings. However, it takes physical energy (that we get from adequate sleep) to help us move our goal into realities, to follow-through on the plans we've made, and to accomplish those tasks we see as worthy. When sleep is inadequate, we feel inadequate.



Sleep is important to the heart energy because when we are sleeping, we are unable to consciously block the energy of the heart chakra. For some of us, it is the only opportunity that our energy has to move from our lower energy centers to our upper energy centers. Sleep is a time for the heart energy to go through a process of healing and regeneration. Without adequate sleep, we essentially stagnate our energy's movement, which can prevent balance, healing, and growth.



The more we nurture our throat chakras with positive words and communication, the more it will nurture us by increasing our abilities to effectively express ourselves. But fatigue

does something nasty to the throat chakra... it feeds it with negativity, thus inhibiting our abilities to communicate effectively. When we cannot express ourselves sufficiently, it leads to frustration and nagging internal communication.



The energy of the 3rd Eye Chakra has the most intimate connection to our sleep. Our dreams, visions, and intuitions are made here. Sleep is a requirement for fully activating the 3rd eye, and it is primarily through sleep that this energy speaks to us. Without sleep, this chakra cannot give or receive energy. So, when sleep is being compromised by one of the other centers of energy, the 3rd eye cannot be properly activated.



The Crown Chakra is where we connect to divine energy/spirituality/God. What better honor can we show this connection than to arrive focused, alert, and ready to engage in an active relationship? We know that when we are tired, it is difficult to fully engage in our earthly relationships; it is equally (if not more) difficult to engage in our spiritual relationships when we are tired.

Since sleep is such an important root chakra issue, it's a good idea to develop a solid ritual for sleeping. This ritual is often referred to as *sleep hygiene*.

How can we get the sleep we need? Here are some ideas:

- **Be active during the day.** Physical activity can decrease stress and help people feel more relaxed. Just don't work out too close to bedtime because exercise can wake you up before it slows you down.
- **Avoid alcohol and drugs.** A lot of people think that alcohol or drugs will make them relaxed and drowsy, but that's not the case. Drugs and alcohol disrupt sleep, increasing a person's chance of waking up in the middle of the night.
- **Say goodnight to electronics.** Experts recommend using the bedroom for sleep only. If you can't make your bedroom a tech-free zone, at least shut everything down an hour or more before lights out. Nothing says, "Wake up, something's going on!" like the buzz of a text or the ping of an instant message.
- **Keep a sleep routine.** Going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So unwind every night by reading, listening to music, spending time with a pet, writing in a journal, playing Sudoku, or doing anything else that relaxes you.
- **Expect a good night's sleep.** Stress can trigger insomnia, so the more you agonize about not sleeping, the greater the risk you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises or gentle yoga poses before bed.

**My Sleep Goal:**

My bed time will be \_\_:\_\_ and my wake time will be \_\_:\_\_. The two things I will do to improve my sleep hygiene will be:

1.

2.