



# 3 Keys to improve your sleep to conquer Osteoarthritis

Why is a good night sleep important?

Many studies have proven that a good night sleep reduces inflammation, which is causing the pain in your joints. Sleep is one the most important things to conquer the disease.

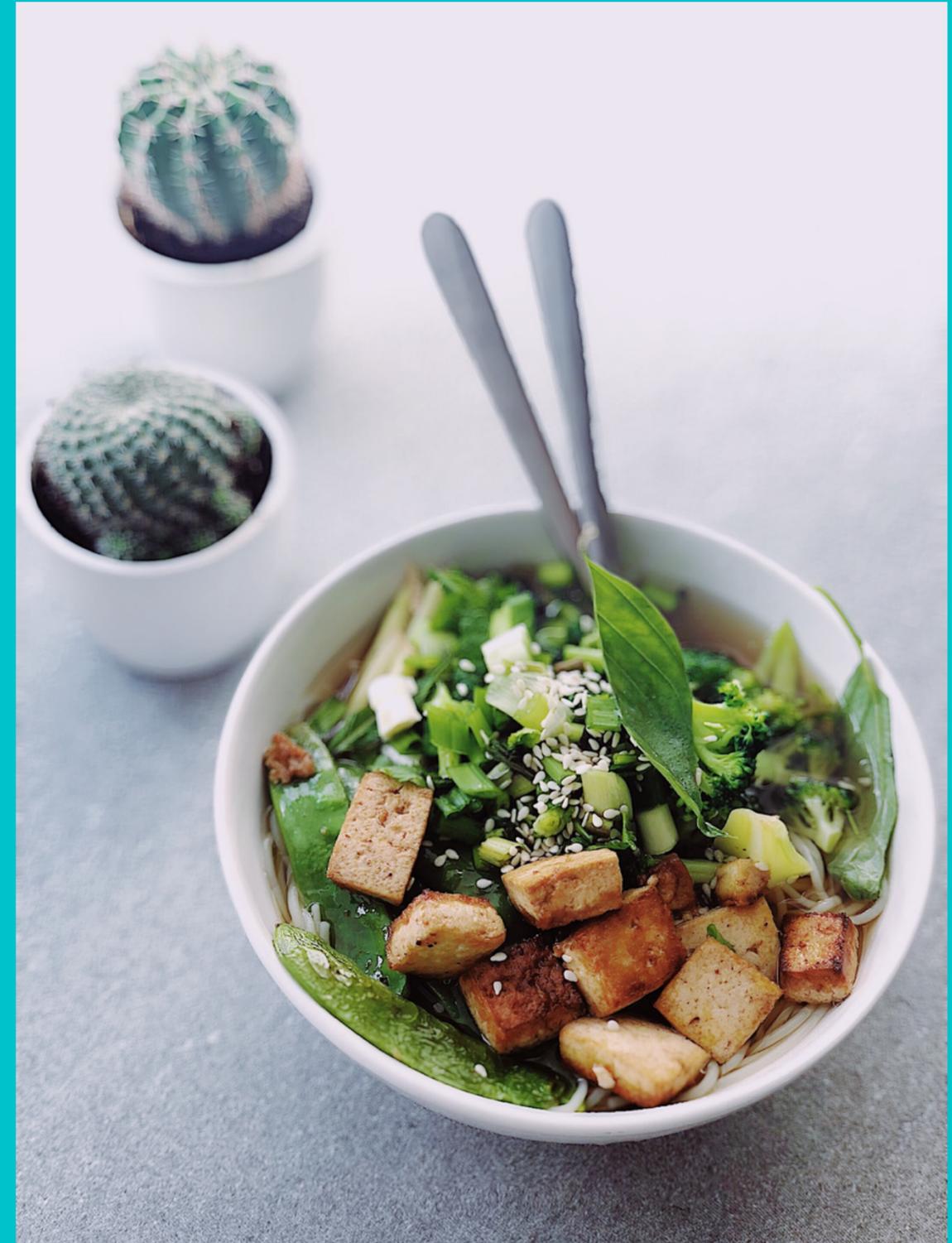
When suffering from Osteoarthritis fatigue and insomnia may be taking over your life today

Do you have issues to get to sleep or do you wake up in the middle of the night without being able to get back to sleep? Here's tree keys to improve the quality of your sleep according to Ayurveda.

# 1. Relax the digestive system

Eat a light meal at night, preferably a few hours before you go to sleep. Prepare preferably a vegetarian meal, warm, cooked and moisty. Don't forget to use some soft spices like cumin, curcuma, coriander to support digestion.

Before going to bed you could drink a cup of warm milk with a pinch of nutmeg and cardamome or take a cup of chamomile tea.





## 2. Relax the body

Warm oil massage: gently rub some warm oil from your face on all parts of the body, down to the feet, don't forget the soles of the feet.

Massage gently every part of the body. You could use sesame oil (organic virgin) or coconut oil (organic virgin), when sesame oil is too much heating. Slightly warming the oil before applying. Then take a warm shower or, preferably, a warm bath.

# 3. Relax the mind

After the warm oil massage do a meditation, a body scan or a Yoga Nidra session.

You can find many of these on Youtube or on Apps like Petit Bambou and Headspace. Try a few of them to decide what resonates with you.

Try to create a daily routine with the above keys and hopefully it helps you to sleep like a baby!





## Learn more

Hi name is Antje and I am happy you landed here! I am an Ayurvedic health and lifestyle advisor and a yoga teacher. I was diagnosed with Osteoarthritis at 49 years old. Thanks to Ayurveda I was able to find back a life full of energy and without pain.

I support clients with Osteoarthritis to improve their quality of life .

Interested to read more about me and the programs I offer? [Please visit my page](#)