



The Wellbeing Guide



wellbeing
escapes

sleep

Nature's Rhythm



Anandi, The Sleep Guru,
www.thesleepguru.co.uk

Sleep, for some, is too scarce or we certainly do not get enough of it for optimum health. Ayurveda is one of India's most precious gifts to the West – it's a healing system with a common sense approach to health designed to promote wellbeing and happiness in all areas of our life and show us how to live physically, mentally and spiritually in a way that supports our health.

When we find balance, we find good quality, deep sleep when we need it. A great way to start respecting nature and our natural rhythm is to start becoming conscious of the various energetic cycles throughout the day and night. During the arc of a 24 hour period, the subtle energetic forces change about every four hours and if you start becoming still and conscious, you will find yourself feeling different at different times of the day. Being in synchronicity with nature will take less energy, aid the healing process and assist you in finding your sleep rhythm again.

The Ayurvedic clock gives us the guidelines we need to get ourselves in alignment with nature. The energetic constituents of the day are as follows:

Vata (Air, Ether)

Time: around 2–6am & pm

The energy of Vata is light, quiet and creative

Kapha (Water, Earth)

Time: around 6–10am & pm

The energy of Kapha is slow and heavy

Pitta (Fire, Water)

Time: around 10–2am & pm

The energy of Pitta is vibrant and active

The ideal time for rising is 6am when we can make the most of the lightness of the Vata. This is a great time for meditation and self massage as it will ground you and work on getting things moving and help clear the mind.



As the energy moves more towards Kapha between the hours of 6am and 10am, this is a good time for movement to help with physical stiffness and elimination so things don't hang about. If you stay motionless in the morning, you may feel heavy, unable to focus and lethargic. Your digestive fire is low during this time, so eat easily digestible light food.

At around 10am–2pm, Pitta is getting going which means your digestive fire is at its most active. You should eat lunch during this time, and rest after lunch while your digestion gets to work.

The afternoon sets in about 2–6pm which is the Vata time and when your creativity is at its

highest. Eat light during this period so it does not interfere with the lightness of Vata energy.

From 6–10pm, Kapha sets in again and your body starts slowing down. Don't force yourself to be active and creative, you will use an awful lot more energy and wear yourself out if you consistently try and do your creative work in the evening. If you can be in bed by 10pm, you can take advantage of the fact that your body naturally is quieting down and it will be easier to go to sleep. The body moves to Pitta time after 10pm until 2am when your body is digesting and burning up toxins from the day. The body will struggle to do that if you go to bed on a heavy meal, the toxins from the day will remain

in your system making you feel groggy and lethargic the next day.

Vata times comes in again around 2–6am and is when your brain is most active with REM sleep. REM sleep is when you are processing all the information and sensory impressions of the previous day. Good quality REM sleep means you will wake up feel refreshed with a clear head in the morning.

These energetic forces affect bodily function and if you start becoming aware of these and respecting them by adapting your lifestyle, you will feel lighter, more creative, digest your food better and of course sleep better.