

This 'bumblebee breath' trick could be the key to a good night's sleep

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If you suffer from insomnia, or just disjointed sleep in general, you probably thought you'd tried everything to get a good night's sleep.

However, we've just stumbled upon a simple new trick that may just be the factor that you've been missing. It's quick, painless and totally free – the only catch? You might feel a little silly whilst you do it...

'The last thing you do before you settle down to go to sleep... hum like a bumblebee for 10 minutes!' says expert Anandi, who is known as The Sleep Guru. 'Bear with me here! The bumblebee breath is incredible for insomnia. It calms the mind, gets rid of negative emotions and stimulates serotonin.'

Convinced enough to give it a try? 'Turn the lights out, lay comfortably on your back and make the bumblebee sound,' she advises. 'Just inhale and hum on the exhale, and that's it. You'll soon be putting in the zzzz's instead of the mmmm's!'