

# CALMING BEDTIME ROUTINE

**5** **x** **5** **x** **5**  
**MOVEMENTS** **MINUTES** **TIMES A WEEK**



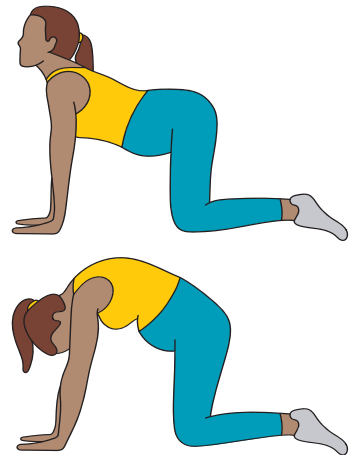
## NECK SIDE STRETCH

10 sec each side x 3.



## SEATED SIDE BEND

10 sec each side x 3.



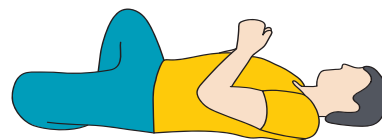
## CAT-COW

Complete 5 times.



## CHILD'S POSE

Hold 30 – 60 sec.



## RECLINED BUTTERFLY STRETCH

Hold 30 – 60 sec.

**This routine is designed to stretch and release muscles and relax before bed. Sweet dreams!**



Government of Western Australia  
Department of Health



Cancer Council  
WA



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This routine is designed to stretch and release muscles and relax before bed.

## NECK SIDE STRETCH

Sit up straight, place your hands on your knees, and sit tall. Reach over your head with your left hand place your left palm on the right ear and gently drop your left ear towards your left shoulder hold for 10 seconds and return to the starting position. Change sides. Complete 3 times on each side.



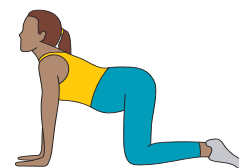
## SEATED SIDE BEND

Sit up straight, and bend to the left, stretching your right arm up and over your head. Place your left palm or forearm on the floor beside you. Stay here for 10 seconds and release back to the starting position. Change sides and complete 3 times.



## CAT-COW

Get on your hands and knees on the floor, with wrists under your shoulders and knees under your hips. Inhale and curve your spine down towards the floor, push your chest forward, and look forward. As you exhale, round your spine towards the ceiling so it is arched like an angry cat and look towards your thighs. Complete 5 times.



## CHILD'S POSE

Kneel on the floor, with knees spread out wide and big toes touching. Tops of feet should be facing the floor. Sit back down on your heels and slowly bend forward, keeping your bottom on your heels. Stretch your arms out in front of you, placing your palms on the floor and dropping your chin to your chest. Slide your palms forward as far as feels comfortable and hold this position for 30 to 60 seconds. Feel free to place a yoga block or pillow under your head for more support.



## RECLINED BUTTERFLY STRETCH

Lie flat on your back on the floor. Bring the soles of your feet together, spreading your knees out to each side. Bring your heels as close to your bottom as possible. Place your hands on your belly or out to the side. Hold this position for 30 to 60 seconds. Feel free to use a yoga block or blanket under each knee for more support.

