

Military Sleep Method

THE 4-STEP ROUTINE

Practise lying in bed with your eyes closed. Total time: about 2 minutes. Memorise the steps — you can't read this while doing them.

1 Relax your face — 30 seconds

Soften your forehead, eyes, cheeks and jaw. Let your tongue rest in the middle of your mouth. Release the tiny muscles around the eyes — most people don't notice how tense they are until they let go.

2 Drop your shoulders and relax your arms — 30 seconds

Let your shoulders sink as far as they'll go. Relax one arm at a time, segment by segment: upper arm, elbow, forearm, wrist, hand. Then do the other side. Imagine the arms sinking into the mattress.

3 Exhale and relax your chest, then your legs — 30 seconds

Take one slow, deep breath in and a long, slow breath out — let the chest collapse. Soften the stomach and hips, then one leg at a time: thigh, knee, calf, ankle, foot.

4 Clear your mind, then visualise a calm scene — 60 seconds

For ten seconds try not to think. Then pick one of these images and hold it gently:

- You are lying in a canoe on a perfectly still lake under a calm blue sky.
- You are resting in a soft chair in a quiet, dimly lit room — the chair holds your weight completely.
- If neither works, pick a simple word ("rest", "still", "quiet") and silently repeat it for about ten seconds.