



The Art of Quieting the Mind



At Sensi Products, we are the sleep experts of the cannabis community. With 4 products specific to sleep, cannabis and sleep research, and ongoing consumer surveys on sleep, we've found a common reason why people have trouble falling asleep. In a survey with 476 respondents, 405 people have trouble falling asleep....and the primary reason why? Their mind stays active. For the millions of sleep sufferers who share this issue, we've compiled a few suggestions to help quiet your mind.

Not tired? Instead of just lying-in bed thinking and hoping you fall asleep, try to wind down and relax before you go to bed. Try a warm bath, listening to calming music, reading a book, yoga, etc. and get into bed once you feel tired.

Avoid too much stimulation such as thinking of what you need to do tomorrow, watching a scary or action-packed show or movie. News and social media can also be stimulating and keep your mind racing for hours. If you can't stop thinking about what you need to get done, try making a to-do list. This way all your thoughts are written down, so you don't have to keep thinking about them over and over again.

Relax your muscles. While laying comfortably in bed tense and then relax each muscle one by one. Start with your toes and end with your head. Focusing on your muscles helps relax each one and keeps your mind occupied.

Slow your breath or try a breathing exercise. Breath in for 4 seconds, hold it for 7 seconds, and release for 8 seconds. The 4-7-8 breathing method calms your body and keeps your mind occupied. Another breathing exercise is visualizing the flow of air. Think of it passing through your mouth, going through your lungs down into your belly and back up again. Pay attention to any areas of your body that may be tense and visualize your breath reaching that area. When you breath out release the tension along with it.



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No screens! The blue light from your phone, computer, tablet, and TV signals your body to stop making melatonin, the hormone that tells your body it is time to sleep. Not only that, but if you have your devices near you while in bed it can wake you up with its buzzing and dinging. Plus people can spend hours on their devices, keeping their mind on.

Try meditation! There are many great meditation apps and videos that help you relax, unwind, and eventually fall asleep. Guided meditation is also helpful in that you focus on the person speaking instead of on your own thoughts.

Guided imagery can also help you turn off your mind and eventually fall asleep. Start by getting into a comfortable position in bed and visualize a beautiful scene, a fond memory, or a calming story. Focus on the story instead of the worries or other thoughts in your head.

Cannabis can help! Cannabis is known to help relieve pain and stress, but is also effective for anxiety and helps calm an active mind.

Sensi Products has 4 products specific to sleep and the challenges of insomnia. Our best-selling product being Sensi Chew Insomnia, a fudgy chocolate caramel with both THC and Melatonin. Our award-winning Sensi Gummies Bedtime Blueberry, a vegan, low sugar, Omega 3 infused gummie with THC and Melatonin. For those looking for a non-psychoactive experience, Sensi Chew Insomnia Plus and Sensi Caps Sleep both contain CBD and Melatonin for a peaceful night's rest.

We hope you find a calming way to quiet your mind and get the sleep you need.

Have another way to quiet your mind? Let us know!





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