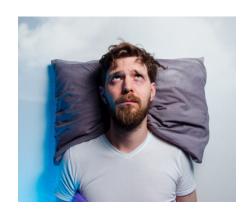


The Art of Quieting the Mind



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 suffers who share this issue, we've complied 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.

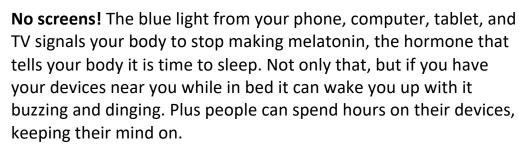
Relax your muscles. While laying comfortably in bed tense and then relax each muscle one by one. Start with your toes and end with your head. Focusing on your muscles helps relax each one and keeps your mind occupied.

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.



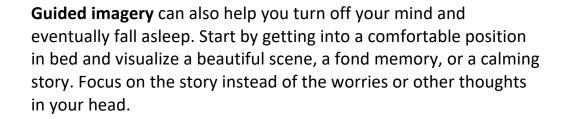
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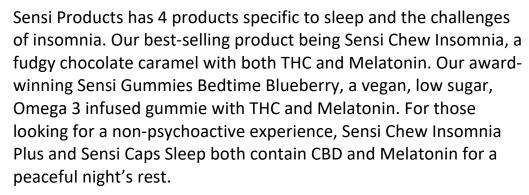


Try mediation! There are many great meditation apps and videos that help you relax, unwind, and eventually fall asleep. Guided meditation is also helpful in that you focus on the person speaking instead of on your own thoughts.





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





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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