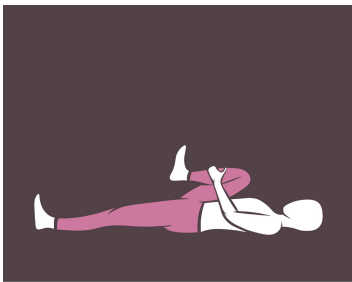


Three Stretches To Do Before Bed

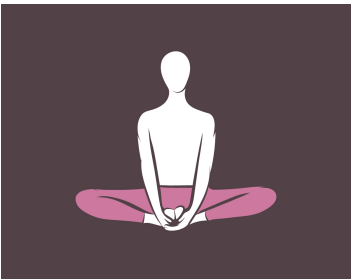
Having trouble sleeping? Stretching before bed helps relax your muscles and prepares your body for sleep. Try these three moves every night to get the restful sleep you've been dreaming of.

Knee to Chest



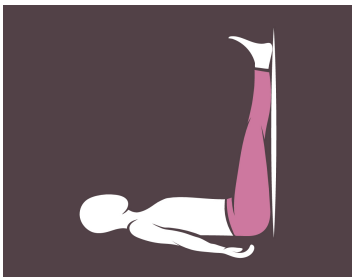
Not only does this stretch help reduce that pesky lower back pain from sitting at a desk all day, but it also calms your sympathetic nervous system to reduce stress. Begin by lying on your back with your legs extended. With control, bring your one knee to your chest. Hold for 30 seconds and slowly release. Repeat the move with your other leg.

Butterfly Pose



Whether you have tight hips from exercising or sitting all day, the butterfly pose has you covered. This move deeply stretches both hips while also strengthening important muscles that improve your posture. Begin by sitting with your legs straight. Slowly bend your knees and bring the soles of your feet together. You can even try leaning forward slightly for a deeper stretch (but remember to keep your spine straight)! Hold for 30 seconds and repeat 3 times.

Legs Up the Wall



This calming stretch circulates blood to your upper body while also draining tension from your legs, feet and hips. You can even do this move from the comfort of your bed (and pajamas). Begin by lying on your side with your legs up against a wall. Keeping your legs straight, slowly roll onto your back until your legs are extended vertically up the wall. Stay here for 5 minutes, breathing deeply to let any tension in your hips melt away.