

# 4 back pain relief exercises that help you sleep well until morning

Please join us to refer to 4 back pain relief exercises to help you sleep well in the morning below!

1. 10 ways of eye muscle training and vision enhancement are not to be missed
2. 18 simple movements help stretch muscles in each position on the body
3. Workout exercises for 4 minutes work equally well with 1 hour of gym

When **sleep is not enough** , children are often unhappy, work is delayed and the future becomes blind. Stress, failure, hours of driving or sitting in front of a computer screen make the muscles in the back become stiff, making it difficult to relax so you can sleep well.

That is why we often have to worry about how many hours of sleep we can sleep and dream about. However, from now on you may not need to worry anymore because **the following 4 movements will help you get rid of back pain, sleep faster and deeper** .

The special thing is that you can do it right on the bed and anyone can practice it at any time. Let us refer to offline!

## 1. Breathing posture (Wind-relieving pose)



**Pawanmuktasana** , also called **posture** , helps the whole spine to relax, especially the lower back and thighs in just 1 minute. In addition, this yoga movement will help **regulate bowel movements** ( *as its name suggests* ), so it is very useful when practicing in the morning.

### Doing:

1. Lie on your back and relax.
2. Bend your knees.
3. Breathe in at the same time with your hand forward holding your knees.
4. Exhale, hold your knees against your stomach.
5. Deep breath. When inhaled, the legs move away from the abdomen. When breathing out, the knees bend towards the abdomen. **Practice for 8-10 breaths** , lasting about 1 minute.

## 2. Hang your feet on the wall



This action helps you **relax your legs and back** , breast enlargement receives adequate oxygen for your lungs before going to bed.

### Doing:

1. Double a pillow placed close to the wall or placed at the end of the bed.
2. Lie on your pillow, place your buttocks against the wall and raise your feet high on the wall.
3. Extending his arms to the sides, widening his chest. **Relax and breathe regularly** . Hold this position for 1-2 minutes, then lower your foot.

## 3. Impact on the deep muscles of the spine

This action **maximizes relaxation of the back** , affecting the muscles located below the surface of the spine. The action consists of 2 steps:

**Step 1:**



1. Lie on your back and place 2 towels rolled under your waist and neck.
2. Shaking feet from side to side, **lying relaxed as comfortably as possible** . At the same time, shake your head left and right without straining your neck and back.
3. Try to relax completely and feel the wave of vibration along the spine. Do this exercise within 1 minute.

**Step 2:**



1. Lie on your stomach, hands down your side, legs relaxed in bed and place a pillow or towel under your forehead.
2. Shaking her legs back and forth, she **felt the wave moving along her body** . Perform exercises within 1 minute.

**4. Relax in the posture of dead body (Shavasana)**



Doing this before going to bed will help you have a good night's sleep.

### Doing:

1. Lie on your back with your legs spread over your shoulders, your palms facing up and down your sides. Put a folded towel or pillow under the head and neck.
2. Relax the whole body from the bottom to the top, starting with the toes and finally the head. Take **20 breathing cycles** , gradually extend the inhalation and exhalation rhythm, and then no longer control it as you breathe in and out as you like.
3. **Let me think freely** . Gradually you will see the world disappear and the whole body is completely relaxed. Now cover the blanket and sleep.

With only 4 simple movements, your body can be **stretched comfortably** , the symptoms of neck pain in the back also relieve. You will sleep better and deeper, and your immune system is strengthened and your joints are rejuvenated. **Don't forget to practice every day!**

See also: 10 simple exercises that help improve posture at home

Having fun!

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