

Fast sleep after 2 minutes of American soldiers

The US Naval School has developed a scientific method that helps their soldiers to sleep quickly after just 2 minutes, regardless of day or night, and in any condition.

How important sleep is to health has been proven by scientists through thousands of studies. But for many people, getting to sleep is quite difficult. However, the US Navy school developed a scientific method that allowed their soldiers to sleep quickly after only 2 minutes, regardless of day or night, and in any condition.

This method is introduced by Lloyd Bud Winter author in the book *Relax and Win: Championship Performance* (*Relax and win: Champion style*). According to the survey, after 6 weeks of practice, 96% of the test participants successfully went to sleep very fast, no matter how noisy the surrounding conditions were, even after they drank coffee.



Fast sleep for 2 minutes by American soldiers is a combination of muscle relaxation, breathing techniques and visualization.

1. First and most importantly, relax the muscles on your face, including the tongue, jaw, muscles around the eyes (not squinting or frowning).
2. Next, let go of the lowest shoulder possible to relax your body. Do the same with your neck, upper arm and lower arm.
3. Relax your chest by breathing deeply. Then relax your thighs and legs so that your whole body is relaxed.
4. Finally, let your mind relax by removing all thoughts. To do this you can imagine yourself lying on a boat floating in a quiet lake under a clear blue sky or lying on a black velvet hammock in a dark room or constantly repeating "don't Think, don't think, don't think "with yourself for 10 seconds.



Dr Neil Stanley, a sleep expert, said that in three things that make it easy for you to sleep and have a good night's sleep: a bedroom is conducive to sleep, a comfortable body and a quiet mind. third plays the most important role.

Above is a technique to help you sleep fast within 2 minutes of American soldiers, you can practice and practice to easily go to sleep more during lunch break or at night if it is difficult to sleep.

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