2-Minute Night Trick To Fall Sleep Fast (Science-Backed) Transcript

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Why Sleep Problems Are Increasing

If you are struggling to fall asleep or you wake up multiple times in the night or your mind keeps on racing as soon as you hit that pillow or if you feel tired all throughout the day but you still feel wide awake in night, then today's video is for you.

because I am going to share with you this simple 2 minute night time ritual that is going help your brain to switch from the stress mode to the sleeping mode.

I have used this trick with my patients who struggle from insomnia, anxiety, hormonal issues high inflammation levels, adrenal dysfunction, and they see amazing results within a few days of starting this nighttime ritual.

And stay till the end because I'm going to share with you a bonus nighttime drink that is going instantly help in going into deep sleep. Hi, I am Dr Anshul Gupta, a former Cleveland Clinic functional medicine physician from US.

Why Deep Sleep Matters

I help people improve their chronic diseases by making personalized functional medicines plans. Sleep problems are on a rise these days. Either they are not able to go to sleep easily or once they fall asleep, then they wake up multiple times.

Or when they get up in the morning, they don't feel fresh because they never achieve that deep sleep state. And we know that deep sleep is really important for our body.

That is the sleep which helps our bodies in detoxification as well as that's the Sleep which keeps our immunity in good shape so our inflammation levels are on the low side.

and when your sleep is disrupted that increases your risk for all the chronic health conditions.

Sympathetic Overdrive and Sleep Disruption

Well then why most people are struggling with sleep these days? Well there are multiple reasons. The number one reason over here is what we call as most are in sympathetic overdrive.

This is our autonomic nervous system. There are two components to it, parasympathetic and sympathetic. When parathympatic system is activated, that helps our body in calming down and also helps in going us in sleep mode.

Then we are in a sympathetic overdrive that causes stress levels to go high and that is the reason we're not able to sleep properly. Why we in sympathetic mode, there are various reasons.

The food that we eat during the day affects our autonomic nervous systems. Plus the amount of stress whether it's physiological stress, physical stress or emotional stress that we go through again affects our sympathetic nervous system.

Having thyroid problems or high inflammation levels in your body or poor gut health again effects our autonomic nervous systems and again puts us into the sympathetic-nervous overdrive.

The 2-Minute Nighttime Ritual

So that's the reason to improve our sleep. We don't need sleeping pills because people get hooked to them.

Instead, we need to work on this autonomic nervous system so we can naturally fall asleep.

So this is where my two minute nighttime ritual is going to help you in improving your sleep So now let me share with you how to exactly do this.

Step 1: Physiological Sigh Breathing

This nighttime rituals has three different steps. Let's start with step one. The step one is the physiological sigh breathing. Now the sign shows this particular technique is one of the fastest way of calming your brain in the night.

Here's how you do it. You take a deep breath in through your nose. Before you exhale, you take very short sniff and then you exhaled through you mouth very slowly.

That is 1 cycle. Repeat this cycle for 5 to 6 times and that is going to approximately take you 30 seconds to do.

Step 2: Body Signal of Safety

So that is the step 1 of doing it. Let's go to the Step 2 now. The step 2 is a body signal of safety. For this you need to place one of your hands on your chest and then other hand on abdomen.

And then you breathe slowly and silently tell yourself I am safe. Nothing needs to be solved right now. My body knows how to rest. Now this second step sounds very simple but the research shows this kind of breathing and positive affirmation increases your melatonin levels and actually has helped people in falling to sleep quickly.

The step 3 is actually making a night time drink that you consume at bedtime.

Step 3: Bedtime Sleep Drink

For this you need 1 cup of warm almond milk or coconut milk. You need one fourth teaspoon of cinnamon powder, you need a pinch of nutmeg powder and then as an addition you can add half a teaspoon or honey to it.

So basically how to make this drink you warm up one cup of almond milk or coconut milk The way almond milk and coconut milk helps your sleep is that they are high in tryptophan compounds which increases your melatonin production.

So in 1 cup of warm almond and milk, you add your 1 fourth teaspoon of cinnamon, a pinch of nutmeg powder and little bit of honey and then you consume it 15-20 minutes before you sleep.

This again is going to help you in falling sleep but more importantly it is going to help you in falling to deep sleep mode and it also reduces the waking up episodes during the night time.

So this simple ritual which starts with this nighttime drink which is 30 minutes before your bedtime and then finally when you are ready to sleep start with your physiological sigh breathing and go to that positive body affirmation and you will see that you're able to fall asleep quickly as well as you'll see an improvement in your deep-sleep also.

Magnesium Glycinate and Final Sleep Tips

Now along with this 2 minute ritual, I am also going to recommend adding a magnesium glycanate supplement at bedtime also. Because I have seen amazing results, specifically with magnesium Glycanates supplement taking at bed time improves everybody's sleep quality.

So if you're struggling with sleep issues like insomnia or you are feeling tired when you wake up in the morning, then this 2 minute ritual can be a big game changer and can help you in improving your sleep quality.

So give this a try and share in comment section what difference you feel in your quality of sleep. I hope you liked this video. If you do, please like and subscribe to my channel so you keep on getting this kind of information in the future with you also.

Plus, share this information with others who might benefit from it. Until next time, take care, bye bye.