



Development Through Movement

Awake/Sleep Patterns and Attention Span

- Healthy sleep patterns increase attention and development everyday
- Begin in recovery/relaxed position (Figure 1) and proceed as follows:
 - Push down on bent leg (Figure 2)
 - Push down the bent arm (Figure 3)
 - Turn the head to the other side, keeping on the front (Figure 4)
 - Bend the other arm up (Figure 5)
 - Draw up the other knee (Figure 6)
- When ready for sleep (use thin pillow if you wish): if you readily fall asleep in the relaxed position, there is no need for this rotation exercise
- You can lie in position for a few minutes on each side while falling asleep. The body needs this rotation until asleep in the relaxed position so that sleep can be restful.

Upon Awakening:

- If you awaken in the recovery/relaxed position, you are ready to rise
- Otherwise, lie in recovery/relaxed position for 10 minutes on each side before rising

Try these sleep patterns and sense how more rested and relaxed you feel during the day.

Sleep Patterns



Figure 1 (Begins in Recovery Position)



Figure 3 (Pushes down bent arm)

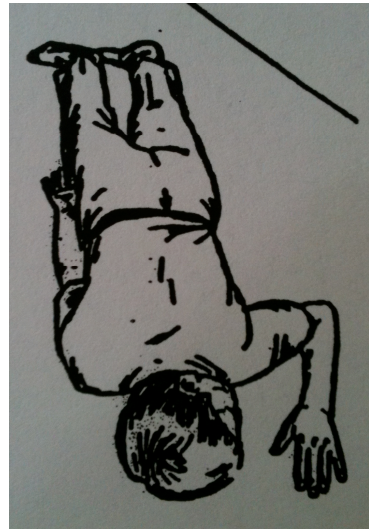


Figure 5 (Bends the other arm up)



Figure 2 (Pushes down the bent leg)



Figure 4 (Turns the head to the other side)



Figure 6 (Draws up the other knee)