

3 simple tools to support a good night's rest and send your lower back pain to deep sleep

By Monica Le Baron

I woke up with mild lower back pain this morning, and I'm not surprised. It's challenging to have a consistent evening routine when traveling, and because of that, I haven't been strict about it.

And I have to admit that I'm watching Anne with an E on Netflix instead of stretching for a bit before bed.

In my private practice, many of my clients complain that their sleep is terrible because lower back pain wakes them up in the middle of the night- and they can't fall asleep afterward.

Does lower back pain wake you up at night? Then keep reading this article to get my favorite tools to support a good night's rest and send your lower back pain to deep sleep.

These tools are not rocket science. They're simple, and if you have heard of them repeatedly, this is your sign to practice them and add them to your evening routine.

Let's get started!

Legs up the wall

Get ready for bed, dim the lights, and stretch your [quads and psoas muscles as my mentor and friend, Lee Albert, suggests](#) for a few minutes. Then lie down on the floor with your legs up the wall (or your bed, or lift them with pillows) and breathe and relax into this exercise.

Let your exhales be longer than your inhales to activate the part of your nervous system that turns on your rest and digest mode and is where healing happens.

Make sure you feel comfortable enough in this position to stay from 5 to 10 minutes. This posture can help to release tension from your lower back and hip muscles, improve blood circulation, reset the nervous system and calm your mind before bed.

Yes, you can do this routine in your pj's and lie on your bed if the floor is not comfortable or accessible for you.



Adhi Mudra

[Mudras](#) are hand gestures that are powerful, simple to use, and portable to take everywhere.

Adhi Mudra is one of the most calming gestures I know. It is perfect for supporting a good night's sleep. Adhi was the first mudra I learned and is the main tool I teach my clients so they can calm their anxious minds before bed or any time they need to relax and reset.

This hand gesture not only directs breath, awareness, and energy to the body's base, instilling a sense of support and grounding it also supports the strength and density of the bones. So it is perfect to fall asleep and prevent back pain from disturbing your sweet dreams.

To practice Adhi mudra you may follow these simple instructions lying in bed, if you wake up in the middle of the night, in sitting meditation, or whenever you need some grounding.

Instructions:

1. Tuck the thumbs into the palms and curl the fingers loosely around the thumbs, forming soft fists with both hands.
2. Rest the hands onto the thighs or knees, with the palms facing down.
3. Relax the shoulders back and down, with the spine naturally aligned if you're sitting.
4. Breathe and hold this gesture for 3-5 minutes or until it feels comfortable.



Cautions: As this gesture can lower blood pressure, people with low blood pressure should carefully monitor the effects.

Yoga Nidra

As a culture, we're often hustling and stressed. Therefore our nervous systems are constantly in a fight-or-flight mode. Our body accumulates stress, making it difficult to get the rest we deserve at night and disrupting the body's natural ability to heal itself.

Yoga Nidra is a guided meditation that works on all the levels of the being (physical, energetic, psycho-emotional, wisdom, and bliss level); even if it doesn't feel like it, it is a very complete practice. It's like taking a gentle yoga class without moving a finger.

It is an excellent way to distract the monkey mind from overthinking so you can peacefully drift into dreamland and is also a great way to process emotional issues that we carry in our body, like that uncomfortable neck tension or lower back pain.

You can't practice [Yoga Nidra](#) wrong, and it's effortless to incorporate it into your busy schedule.

Conclusion

Our body has the capacity to heal itself if you just give it enough time and the right conditions. By practicing these simple tools for 5 to 15 minutes before bed, you're helping to create those right conditions for your body to relax, rest, and restore.

Ideally, if it feels good, safe and accessible for your body, I would recommend that you find a way to incorporate each of these practices every night. The three, when done together work magic.

If you can't do all of them, I would always recommend starting with [yoga nidra](#) but you know best, so please pick the one that resonates most with you and practice it every day until you're ready to incorporate the next tool. The more you practice them the easier is going to be to prepare your body for a good night's rest, and send lower back pain to deep sleep.



[Monica Le Baron](#), MBA, is a sleep coach, IPT professional and certified yoga therapist who specializes in helping women with sleep disorders get a good night's rest. Using her signature program, Sleep Simplified, she has helped hundreds of clients alleviate insomnia, sleep apnea, and sleep loss. After just one session, her clients have been able to get two extra hours of restful sleep, wake up fewer times in the middle of the night, and fall asleep within minutes of their head hitting the pillow

Monica's expertise has been featured in media outlets and apps including [Insight Timer](#), the [International Association of Yoga Therapists](#), and [Brainz](#). Her passion and practice are informed by her own journey from corporate burnout towards developing effective restorative practices. After living abroad for 10 years, she's returned back to her hometown in Chihuahua, Mexico, where she lives with her mother and siblings.

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