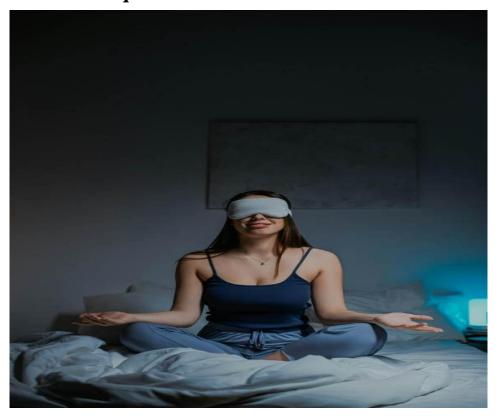# 5 Unique Benefits of Bedtime Meditation

The benefits of having a meditation session in the morning is very significant. It not only sets a positive tone for that day but it also increases your energy and leaves you in a better mood.

However, not everyone has the time in the morning to have a quick meditation session.

In the morning rush to get to work, take your children to school, catch the bus etc, the idea of taking time to meditate may not even cross your mind at all.

So, choosing to meditate before bedtime might be more convenient and easier to maintain since you have fewer distractions.

In this article, you will discover 5 unique benefits you enjoy when you choose to meditate before going to bed.

What is Meditation

   This is the process of actively focusing your mind on a particular thing, image, feeling, idea or thought in order to calm your mind, achieve mental clarity and inner peace.

7 Effective Bedtime Meditation Techniques

   There are many types of meditation techniques but not all of them is suitable for bedtime meditation. Below are 7 meditation techniques that you can use when meditating before bedtime:

- Breathing Exercises.

- Mindfulness Meditation.

- Mantra Meditation.

- Gratitude/Thankfulness Meditation.

- Counting Meditation.

- Self-Compassion Meditation.

- Visualization Meditation.

5 Unique Benefits of Bedtime Meditation

   Here are 5 specific benefits you enjoy when you choose to meditate before going to bed:

1. Quality Sleep: Getting better sleep and being able to fall asleep quickly is a major benefit of meditating before bedtime.

 When you meditate, your mind becomes calmer and free of worries and distractions ultimately leading to a better sleep.

2. Stress Relief: When you come back from work, you are most likely stressed out and exhausted.

So, choosing to meditate before bedtime will help you unwind from the day's stress and leave you more calm and relaxed.

3. Enhanced Creativity: Meditating before bedtime calms and frees your mind from all distracting and limiting thoughts.

Then your mind becomes more receptive to new ideas and insights and you get more inspiration and unique perspectives on situations and challenges.

4. Low Blood Pressure: When you take the time to meditate before going to bed, the stress hormones in your body -Adrenaline and Cortisol, significantly reduces. This helps your blood vessels relax and ultimately leads to lower blood pressure.

5. Improved Mood: When you meditate before going to bed, you develop an optimistic view towards the next day. Your mood is improved and you are more ready to handle your daily responsibilities and challenges.

Final Note: Not having enough time for meditation isn't a valid excuse anymore. You can easily take a few minutes before going to bed to meditate.