

Monday (2026-2-2)

Yog Nidra: Lie Down and Reset – The Ancient Practice for Burnout Relief

What Is *Yog Nidra*?

Feeling burnt out and need an instant reset? *Yog Nidra*, often called 'Psychic Sleep,' is an ancient practice from yoga traditions. Unlike seated meditation, you simply lie down in a comfortable position. The goal is to enter that magical state between wakefulness and sleep, where your body can truly heal. It involves a guided systematic awareness through body parts, activating the relaxation response to lower heart rate and dissolve muscular and emotional tension [1].

The Science of *Yog Nidra*'s Relaxation

Studies show a 30-minute session can be as restorative as several hours of regular sleep. A pilot study found two weeks of 20-minute sessions increased delta-waves in deep sleep by higher percentages, improving memory, decision-making, and abstraction [2]. It reduces stress and anxiety with moderate-to-large effects, as per a 2025 meta-analysis of 73 studies showing Hedge's $g = -0.80$ for stress vs. active controls [3]. Systematic reviews confirm benefits for physical, mental, and emotional health, including reduced blood pressure and heart rate variability in hypertension [4].

How *Yog Nidra* Works for Tension Relief

The practice guides awareness through body parts, promoting parasympathetic activation and vagal tone for emotional regulation [5]. In RCTs, it alleviates insomnia by shortening sleep onset latency and increasing total sleep time [6]. For burnout, it melts tension; a 2025 systematic review of RCTs noted no adverse events and low risk of bias in some studies, with improvements in sleep efficiency among diverse groups [4].

The Secret of *Sankalpa*

The real power lies in '*Sankalpa*'—a positive intention planted in the subconscious during receptivity. This reprograms habits for success. Research links *Yog Nidra* to functional connectivity changes, reducing default mode network activity for less rumination and better focus [7]. In older adults, mindfulness including *Yog Nidra* improved sleep quality and reduced daytime impairment [8].

Benefits for Busy People and Daily Life

For all busy people, mental clarity and reset is key. Use *Yog Nidra* to reset when overwhelmed. Evening sessions enhance sleep quality, with scoping reviews showing chronic interventions (including *Nidra*) yield large effects on sleep (8-9%) across durations [9]. It fosters compassion and resilience without effort.

How to Practice *Yog Nidra*

Lie down comfortably. Follow a guided audio through body scan, breath awareness, and Sankalpa. Start with 20-30 minutes evening sessions for feasibility. No special equipment needed—just commitment.

Potential Considerations

While safe, consult a doctor for sleep disorders. Benefits are more pronounced in consistent practitioners, per meta-analyses [3][6].

Conclusion

Yog Nidra is a powerful, accessible tool for burnout—lie down, heal, and thrive with science-backed calm.

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#), and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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