



THE SLEEP GROUP
of Pulmonology Associates

Progressive Muscle Relaxation

The reason this works is that when you relax your body, it helps your mind let go of the busy thoughts. When you relax, you allow sleep through. This is not to “make you sleep”. Because you have to go step by step, it helps you keep on track through the process. Like any behavior change, it takes time to develop the technique, and for it to help with sleep ability. Any behavior change can take up to 2-3 weeks of REGULAR USE, to begin to help.

- Do this every night when you go to bed.
- There is no race to the finish, focus on each level as you go.
- Use again within the night if there is trouble returning to sleep.

Begin at your toes. Squeeze the toes to tighten the muscles. Deep breath in as you squeeze the muscles. Slowly count to 5, then exhale and relax your toes. You may repeat if needed. When toes are relaxed move to the calf muscles, tighten, inhale, count 5 then exhale and relax.

You repeat these steps at each group of muscles: toes, calves, thighs, butt, abdomen, hands, shoulders, neck, forehead. You do not need to get to the forehead to complete the process.

So remember:

No rushing through the steps. Stay on any level till you are relaxed there, then move on.

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