

Nidrā (Sleep)

- By taking sleep in proper manner, one gets knowledge, life, strength and happiness.
- One should not sleep during the day except in summer season. Sleeping during the day causes increase Kapha which leads to diseases like diabetes and obesity whereas staying awake during night-time aggravates Vāta in the body causing dryness of the body.
- Waking up in the Brāhma Muhūrta (about 1 ½ hours before sunrise) is beneficial for health.
- Sleeping during improper time, excessive sleep and having very little sleep should be avoided. Insufficient or improper sleep causes lack of concentration, lack of enthusiasm, ignorance, loss of appetite and heaviness in the head.