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COPY: William McElhiney
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The 7-Minute Routine for a Better Sleep…Tonight!

It's late. The house is quiet. You're exhausted from a long day. But instead looking forward to a sound sleep, your mind is racing. You're worrying about your job, or money, or a relationship, or all three. You want to fall asleep, but can't.

We've all been there.

But what if the secret to deep, restorative sleep wasn't in a bottle or an app? What if it was something you could do right before bed, in just seven minutes?

It's called Tai Chi. And while it may look like a strange dance, it is actually an effective biological switch for your nervous system.

The "Off Switch" for Stress

Most people think of Tai Chi as something only elderly Chinese people do in a park. They're missing the point entirely. The reason you can't sleep is because your stress hormone keeps your body in a restless "fight or flight" mode.

Tai Chi can help you lower the stress. It's not just ancient wisdom; it's undeniable scientific fact. A major study published in a top-tier medical journal confirmed that Tai Chi can significantly reduce insomnia.[1] Another US Government study found that regular practice of Tai Chi helped elderly folks fall asleep faster and—crucially—stay asleep longer.[2]

Why? because the specific combination of deep breathing and flowing movement lowers cortisol levels and physically signals to your brain that it is safe to sleep.

Your 7-Minute Sleep Prescription

You don't need to become a Tai Chi master to benefit from Tai Chi. Try this routine tonight, right before bed.[3]

- **Movement 1: The Cloud Wave (3 Minutes)**
  Stand with your feet shoulder-width apart. Rock your body gently from one leg to the other. As you shift weight, float your hands side-to-side in the air, imagining you are brushing your fingers through a soft cloud. Breathe rhythmically.

- **Movement 2: Parting the Mane (3 Minutes)**
  Step forward with one leg. Extend the opposite hand forward and push the other hand back gently, as if swimming through heavy air. Switch legs and hands. Keep it slow.

- **Movement 3: The Closing (1 Minute)**
  Stand still. Cup your hands facing down. Inhale as you bring them to your chest, exhale as you slowly push them down toward your stomach. Visualize the stress leaving your body with the breath.

Benefits That Go Beyond the Bedroom

There are other related health benefits when you start using the 7-minute routine: You wake up with mental clarity, feel a sense of calm, and improve you balance and flexibility with a low-impact exercise.

Sign Up for the "Better Sleep" Newsletter and Receive a Bonus Gift

If you want to dive deeper into natural ways to boost your health and vitality sign up for our "Better Sleep" newsletter. Each issue is filled with helpful tips, exercises, and even ancient secrets backed by modern science and…it's FREE!

[***Click here to sign up for the newsletter and get our "Deep Sleep" guide as a bonus gift.***]

[references]

References: 1. B Zhi-jun, L Feng-shuang, M Shahjalal, et al. Effects of various exercise intervention in insomnia patients: a systematic review and network meta-analysis. *BMJ Evidence-Based Medicine*. 2025. 10.1136/bmjebm-2024-113512. **2.** R Gowri, Z Yuan, VJ Minichiello, CM D'Ambrosio, C Wang. US Department of Health and Human Services. *J Sleep Discord Ther*. 2013 October;2(6):doi:104172/2167-0277. **3.** Calm.com. https://www.calm.com accessed February 13, 2026.