

A glass cup filled with a golden-brown liquid, likely tea, sits on a round wooden saucer. A single daisy flower floats in the center of the liquid. To the left of the cup, a round, light-colored cookie rests on the saucer. The background is a soft-focus green and brown, suggesting a natural setting. The overall lighting is warm and golden, creating a cozy atmosphere. Several white starburst graphics are scattered throughout the image, particularly around the text.

with Katie Silcox  
& The Shakti School

# HOW TO SLEEP DEEP

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Learn Ayurvedic  
Wisdom for  
Restful Sleep





# Sleep Patterns and Your Dosha

According to Ayurveda, your dosha (or body constitution) can affect your sleep patterns.

## Vata

People with a vata dosha are light sleepers with a tendency toward insomnia or anxiety-based sleep issues.

- Vatas need grounding and warmth in routine, warm milk with spices, and herbs such as ashwagandha and brahmi to calm the mind.

## Pitta

People with a pitta dosha experience intense, restless sleep with frequent waking, especially in the early hours.

- Pittas will benefit from a cool and calm environment, reducing mental stimulation before bed, and herbs such as aloe vera and shatavari.





## Kapha

People with a kapha dosha experience long but unrefreshing sleep, and have difficulty waking up in the morning.

- Kaphas need light evening meals, exercise, walking and stimulating activities during the day to balance natural heaviness, and will also benefit from herbs such as turmeric and tulsi.





# Nighty-Night Routine

Ayurveda offers an ideal way to transition from the activity of the day into the sacred chamber of sleep. Following these routines will make sleep come effortlessly, and will help keep you asleep through the night:

1. Set the mood: Start turning off overhead lights at dinner, and avoid fluorescent lights always, but especially at night. Low lighting helps tell your body it is time to go to sleep.
2. No more screen time: Set an intention to turn off all screens by 8:00 or 9:00 p.m. Experts state that when we are exposed to artificial lighting (such as from computer and smartphone screens), the sleep-promoting hormone melatonin is suppressed, making us more alert and changing our circadian rhythm.
3. Be in bed by 10:00 pm: Our body detoxifies and rejuvenates from 10:00pm - 2:00am. When we stay up late, we truly do miss out on beauty sleep. If you currently go to bed at midnight, use the 15-minute rule. Each night, try going to bed a mere 15 minutes earlier.



4. Take a warm bath: Taking a scented warm bath can help reset the nervous system toward sleep. Use oils such as frankincense, myrrh, lavender, honeysuckle, chamomile, neroli or pure rose for deep slumber.

5. Avoid too much mental stimulation: Don't watch evening news. It's toxic for your dreams. Similarly, avoid planning your future, having intense conversations, or any other activity that promotes mental movement before bed.

6. Light a candle, read a sweet book that makes your heart melt, say some prayers, and turn in.

7. Unravel the day: There is a powerful meditative practice for unraveling the day. It actually builds your power of assimilation and boosts memory. Once in bed and lying down, mentally go backward through your day in increments of 30 minutes. Try to simply register what was happening to you during the day without judgement. Notice your feelings, relax, and let all events go. End with the point where you woke up in the morning. Gently drift into sleep.





# Sleepy Girl Mocktail

We had to put our Shakti-fied twist on the Sleepy Mocktail. This herbal sleepy time tonic is the perfect nighttime bev for getting your beauty rest!

Adding passionflower and ashwaghandha, which have both linked with stress relief, give this mocktail some extra relaxation oomf.

Passionflower has also been linked with gamma-aminobutyric acid (GABA) in the brain, and GABA reduces activity in the central nervous system which can support relaxation and sleep.





## Ingredients:

- 1/2 cup passion flower tea infusion (make this ahead of time- add one teabag or 1 tsp of loose passion flower to 1 cup boiling water. Let steep for about 15 mins (you can also make this in bulk and leave in the fridge to have on hand all week)
- 1/2 cup tart cherry juice
- Magnesium powder (one serving according to your powder's instructions!)
- 1-2 droppers full ashwaganda (or 1/2 tsp powder)
- A pinch of mineral salt and squeeze of lime

## Directions:

- Add all ingredients and shake or blend!

*Ayurveda Rebel Version:* add a splash of sparkling water (we won't tell if you won't)

*Vata-friendly version:* warm cherry juice slightly (or mix into your warm tea infusion to warm it up) and forgo the sparkling water. Enjoy!





# Katie's Sleep Supplement Stack

- Magnesium Threonate: 145- 400mg
- GABA: 100-500 mg
- Taurine: 500-1000mg
- L-Theanine: 100-400 mg
- Lemon Balm: 300-500mg

These products are for educational and informational purposes only and are not intended to diagnose or treat any disease. Suggestions listed here are not intended as a substitute for appropriate medical care or the advice of a physician or another medical professional. Actual results may vary among users.





# Golden Yogini Milk

Here is Katie's remedy for the 10 p.m. "I really wanna hot fudge Sundae in bed" cravings. In fact, she experienced a dramatic shift in her life when she stopped eating after sunset and had a Golden Yogini Milk before bed. It leads to great morning meditations, better sleep and a clear mind upon waking. It is also a great, antioxidant-rich remedy for anxious sleeping.





## Ingredients:

- 1/2 tsp. ghee or coconut oil
- 1 – 2 tsp. turmeric
- 1/4 tsp. cardamom
- 1/4 tsp. cinnamon
- pinch of nutmeg
- a few strands of saffron (optional)
- 1 cup whole milk (you can replace with almond, soy or hazelnut milk)

## Directions:

1. Put the ghee in a sauce pan and heat on low with all of the spices except for the saffron.
2. Once you begin to smell the aroma, add the milk and saffron and whisk until hot. Or, add a fresh hunk of ginger, a small handful of almonds and goji berries (or a date!).
3. Throw the whole hot mess in the Vitamix (or regular blender). Blend on high for about a minute for a frothy-hot elixir!





# Pancha Amrit Snana: The Five Nectars Bath

*A bath to help soothe anxiety, ease dryness and deeply rejuvenate*

Traditionally in India, gods and goddesses are ritually bathed in the most nutritious foods and oils. As women, we can treat ourselves like a goddess by bathing in fine herbs, oils, and foods.

## **What You're Going to Do:**

Combine 2 tablespoons honey, 1 cup yogurt, 1 banana (mashed), 1/4 cup sesame oil, and 2 cups whole organic milk and mix until consistent throughout. Add to a warm bath and soak for at least 20 minutes. Light candles. Play healing music. Once in the bath, feel free to anoint your body with any other essential oils (a few drops on your pulse points will do), and allow any stress from the day to peel away. Tears may come and that's a good thing! Let it out in the bath.





# Additional Resources from The Shakti School:

- [Why You Should Dry Brush and Abhyanga Blog Post](#)
- [Ep. 141 The Breath of Deep Grounding](#)
- [Ep. 129 Breathwork for Insomnia](#)
- [Ep. 109 My #1 Sleep Secret? The Eyes](#)
- [Ep. 99 The Most Radiant: Deep Rest with Tracee Stanley](#)
- [Ep. 22 Meditate With Me: A 15-minute Anti-Anxiety Meditation](#)
- [Ep. 18 Sleep Like a Baby this Winter...Yes Please.](#)





# Shakti Ayurveda School

Ayurveda School Level 1 begins on January 15th, 2025 so get yourself in if you want to:

- 🌿 Change your life perspective and reduce limiting mindsets
- 🌿 Learn ancient and modern ways of accessing your inner healer
- 🌿 Meet like-minded women who want to take radical responsibility for all aspects of their life
- 🌿 Craft a vision board for a future life and career that feels authentic and spirit-infused
- 🌿 Connect to the best medicine = loving presence

Every week - for ONE YEAR - you will join New York Times bestselling author and Ayurveda expert, Katie Silcox and her hand-picked expert teaching staff for what our students now lovingly call “Ayurveda Wednesdays.”

Together we will laugh, learn, grow (and cook amazing recipes!)





To learn more about the course or set up a free coaching call with one of our Shakti Grads click here: <https://theshaktischool.com/ayurveda-school/>





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