

# Relaxation Log

Day 1

		Relaxation Rating		Pulse Rate		
Date	Time	Before	After	Before	After	Duration
Example 10/29	12:15p	4	7	74	69	9 min

Day 2

		Relaxation Rating		Pulse Rate		
Date	Time	Before	After	Before	After	Duration

Day 3

		Relaxation Rating		Pulse Rate		
Date	Time	Before	After	Before	After	Duration

Day 4

		Relaxation Rating		Pulse Rate		
Date	Time	Before	After	Before	After	Duration

Day 5

		Relaxation Rating		Pulse Rate		
Date	Time	Before	After	Before	After	Duration

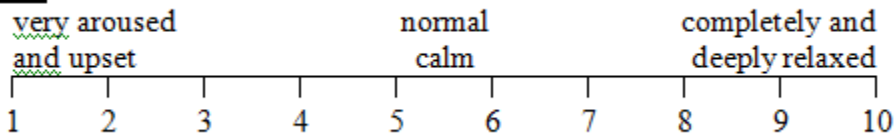
Day 6

		Relaxation Rating		Pulse Rate		
Date	Time	Before	After	Before	After	Duration

Day 7

		Relaxation Rating		Pulse Rate		
Date	Time	Before	After	Before	After	Duration

**relaxation rating:**



## Combined Relaxation Procedure

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**Preparation:** If you are wearing contact lenses, glasses, or distracting jewelry you might want to remove them. Find a comfortable position without crossing your arms or legs.

1. Close your eyes and get as comfortable as possible.
2. Assume a passive, attitude; do not try to hurry or force relaxation.
3. Take a deep abdominal, breathe through your nose and hold it for a few seconds before slowly exhaling through your mouth. Say “relax” softly or to yourself each time you exhale. Do this 4-5 more times.
4. Relax the following areas of your body. Concentrate on each area for about a minute, let go of tension in each area, and concentrate on feelings of relaxation and calmness.
  - a. Right arm (hand then forearm then upper arm)
  - b. Left arm (hand then forearm then upper arm)
  - c. Face and neck (forehead, jaw, tongue, back of head, neck)
  - d. Chest, back, and abdomen
  - e. Right leg (foot, calf, thigh)
  - f. Left leg (foot, calf, thigh)
5. Repeat the following phrase slowly to yourself over and over for about a minute:

*“I am at peace - my arms and legs are heavy and warm.”*

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### Notes:

- ❖ Relaxation training is NOT designed to make you fall asleep or stay asleep. It is a skill that helps promote sleep over time.
- ❖ You will get the most out relaxation training if you start by practicing twice daily. *Repeated practice is necessary to build any skill.*
- ❖ You can also practice relaxation if you awaken during the night.
- ❖ This should take about 10 minutes. If you are taking less time, you should slow down your pace.
- ❖ This is especially helpful if you feel tense and alert or if you find that your mind is racing or preoccupied. The idea is to continue to redirect your attention to your breathing and your body to allow you to unwind.