

# Postcards by Pinch

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# Rest Assured: Your Guide to Achieving Restorative Sleep



## In the incessant demands of

**modern life**, achieving restorative sleep has become a coveted luxury. Beyond mere rest, quality sleep is foundational to our physical health, mental clarity, and emotional equilibrium. Yet, many find themselves ensnared in cycles of restless nights and weary days. By embracing intentional practices, we can transform our sleep experiences and, by extension, our lives.

Maintaining a consistent sleep schedule is fundamental. Our bodies operate on a circadian rhythm—a natural 24-hour cycle regulating sleep and wakefulness. Going to bed and waking up at the same time each day reinforces this cycle, leading to better sleep efficiency and duration. Irregular sleep patterns can disrupt this rhythm, resulting in [fragmented sleep and increased daytime fatigue](#).

Creating an optimal sleep environment also plays a crucial role. Ensuring your bedroom is dark signals your body that it's time to rest. Even dim light can interfere with sleep, so consider using blackout curtains and covering electronic devices that emit light. Additionally, maintaining a [cool room temperature](#), ideally between 60 to 65°F (16 to 18°C), aligns with the body's natural temperature dip during sleep onset, promoting deeper rest.

Limiting exposure to screens before bedtime is another effective strategy. The blue light emitted by smartphones, tablets, and computers can suppress melatonin production, a hormone that regulates sleep. Engaging in relaxing activities such as reading a book, meditating, or practising deep breathing exercises can ease the transition into sleep.



Incorporating regular physical activity into your daily routine can also enhance sleep quality. Engaging in moderate-intensity exercises, like walking, yoga or Pilates, can promote relaxation and reduce the time it takes to fall asleep. However, it's important to time your workouts appropriately, as exercising too close to bedtime may have the opposite effect.

Dietary habits significantly impact sleep as well. Consuming large meals, caffeine or alcohol close to bedtime can disrupt sleep patterns. Instead, opt for light snacks if you're hungry in the evening and be mindful of your intake of stimulants throughout the day.



Establishing a relaxing pre-sleep routine can further signal your body that it's time to wind down. Activities such as taking a warm bath or shower can facilitate the body's natural cooling process, aiding in sleep readiness. Writing a to-do list for the next day can help clear the mind and reduce anxiety, making it easier to fall asleep.

By integrating these practices into our daily lives, we can cultivate an environment and routine conducive to restorative sleep, ultimately enhancing our overall health and quality of life.



### Pre-Bedtime Routine

- Do light physical activity
- Limit caffeine and alcohol intake
- Limit exposure to screens



### Bedtime Routine

- Sleep at the same time daily
- Set a cool room temperature
- Ensure the environment is dark



### Wake-up Routine

- Wake up at the same time daily
- Expose yourself to natural light
- Engage in a morning routine you enjoy



## To Use

# Matouk Luca Satin Stitch Fitted Sheet

Crafted from premium 500-thread count Egyptian cotton percale, the Matouk Luca Satin Stitch Fitted Sheet offers a luxurious touch that elevates the sleep experience. Its breathable fabric ensures optimal comfort throughout the night, while the elegant satin stitch detailing adds a sophisticated aesthetic to your bedroom sanctuary.

## To Experience

# Philips SmartSleep Sleep and Wake-Up Light

The Philips SmartSleep Sleep and Wake-Up Light is designed to harmonize with your body's natural circadian rhythms. By simulating gradual sunrise and sunset patterns, this innovative device facilitates a gentle awakening and a serene transition to sleep, promoting overall sleep quality and well-being.



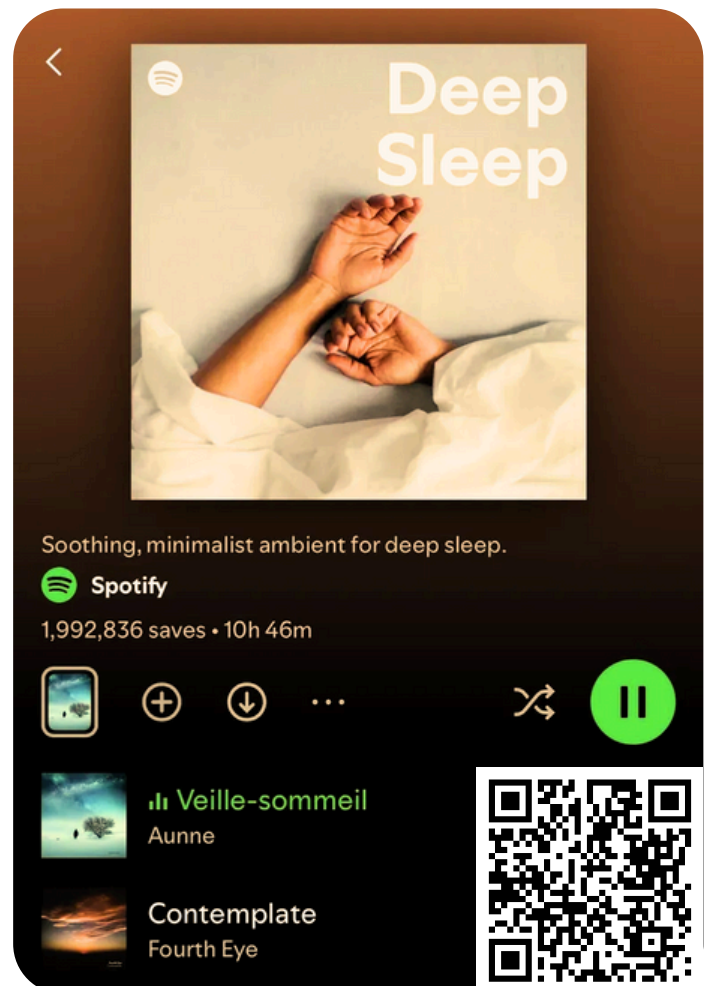


## To Buy Oura Ring

The Oura Ring serves as a personal sleep consultant, offering comprehensive insights into your sleep patterns. By monitoring various physiological metrics, it empowers you to make informed lifestyle adjustments, ultimately enhancing your sleep quality and daily performance.

## To Listen Spotify's 'Deep Sleep' Playlist

Integrating calming music into your bedtime routine can significantly improve sleep quality. Spotify's 'Deep Sleep' Playlist features a curated selection of ambient and instrumental tracks designed to promote relaxation and facilitate deep, uninterrupted sleep. Listening to this playlist as you prepare for bed can help create a serene atmosphere conducive to restorative rest.





# From Urban Chaos to Inner Peace: The Anushasana Experience

## Brand Feature

When was the last time you crawled like your favorite animal? While it may seem like child's play, crawling is a fundamental movement that offers numerous benefits for adults, including enhanced core stability, improved coordination, and increased mobility in the hips and shoulders. At Anushasana, a serene retreat in Chattarpur, New Delhi, founders Anuj and Aishwarya Wadhwa have embraced such primal movements to help individuals reconnect with their bodies and minds. Established in 2020, Anushasana—which means 'discipline' in Sanskrit—provides a structured environment where guests can escape urban distractions and cultivate sustainable wellness practices.



Anuj's personal journey towards wellness began around 2010, marked by a transformative shift from an undisciplined lifestyle to one enriched by yoga and mindfulness practices. Certified as a Yoga Instructor in 2012, he immersed himself in various disciplines, including neuroscience and habit formation, to bring discipline into his daily routine. This quest led him to establish Anushasana Eco Retreat in 2022, offering yogic routine stays designed to instill lasting habits in participants.

Anushasana's philosophy centers on integrating physical movement, mental clarity, and nutritional awareness. Recognizing that modern fitness routines often emphasize isolated components—such as strength training in gyms or flexibility in yoga—Anuj sought to create a more comprehensive approach. To achieve this, he collaborated with Tarun Bhatia, a movement specialist and therapist experienced in functional movement. Together, they designed a program that encompasses essential fitness elements, including running, jumping, lifting, agility, and functional movements, ensuring participants develop balanced physical capabilities.

Anuj and Aishwarya share, "The idea is simple: if you want to change your life, fix your habits. And if you want to fix your habits, change your environment. This isn't a detox or a luxury retreat. It's a reset—designed for people who are done negotiating with themselves."





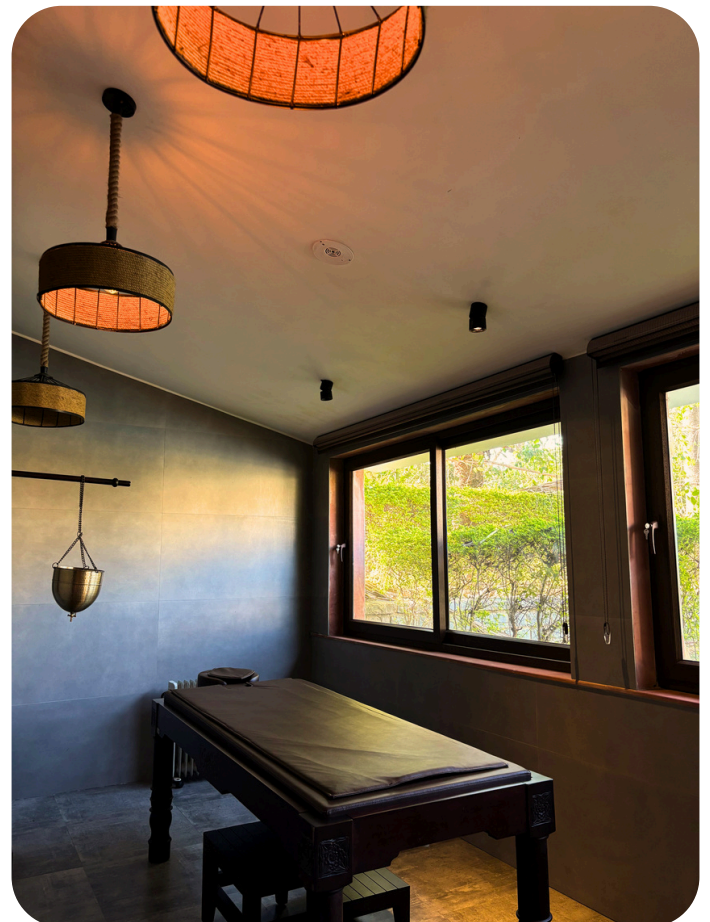
Beyond physical fitness, Anushasana emphasises mindfulness and self-awareness. The retreat offers practices such as meditation, sound healing, and breathwork, addressing the common issue of mental unrest that many face today. "Until you know yourself, disturbances in the mind are reflected everywhere," says Tarun. "We all need a single-pointed focus on ourselves and our work."

Nutrition is another cornerstone of the Anushasana experience. With an on-site organic farm, meals are prepared using fresh, organic ingredients. Guests are encouraged to engage with their food mindfully, often being asked to guess the ingredients used in dishes to heighten their sense of taste and awareness. This practice aims to rebuild the often-lost connection with food, promoting mindful eating habits.

To ensure that the benefits of the retreat extend beyond the stay, Anushasana is developing an app-based model. This platform provides customised programs based on each individual's learning during their visit, encompassing habit coaching, lifestyle adjustments, and movement routines. Users receive daily tasks, meal plans, and virtual assistance from trainers, offering accountability and support as they integrate these practices into their daily lives.

A typical 3-day program at Anushasana is meticulously structured. Days begin early, around 6:30 AM, with time spent in nature, followed by bodywork sessions that include acupuncture, massage, and energy healing. Breath work sessions highlight the importance of proper breathing techniques, addressing common issues like inadequate diaphragm use, which can affect overall health. Meals are thoughtfully prepared, incorporating a database of over 25,000 recipes that offer healthy takes on traditional dishes, such as ragi-based pizza or nutritious versions of chole bhature. The program also includes theoretical learning about the body, mobility exercises inspired by animal movements, and self-healing practices to manage stress and improve sleep.

Embarking on Anushasana's program is not merely a retreat; it's an investment in oneself. Participants often report heightened self-awareness, improved physical health, and the development of sustainable habits that extend well beyond their stay. The experience serves as a catalyst for lasting transformation, empowering individuals to lead more balanced and fulfilling lives. "We want people to come and learn instead of being dependent on someone else, be it a coach or a gym," Tarun emphasises. "It's a holistic approach to cater to your mind, body, and space."





If you're considering a visit to Anushasana, founders Anuj and Aishwarya would be delighted to welcome you. Please connect with your Lifestyle Manager to learn more about the retreat and plan your transformative journey toward holistic well-being.



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Make Time for More

