

SLEEP HACKS©

Black Power Naps

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1.

PREGNANCY

PILLOWS

Who knew that the pillow often purchased to carry a baby to term is the exact pillow we should all be using? The Black Power Naps team did! The flat surfaces and acute angles (chairs & beds) that we spend most of our days in are responsible for some of our daily physical and emotional discomforts. The shape of the long pillow brings you the dynamic positions your body craves when entering deep sleep. Who better than you, knows how to position the pillow to best support all your precious curves while you drift away to zero-gravity and rapid eye movement. :) zzzZ

There's nothing like a consensual, warm a loved one. Challenging ourselves to platonic intimacy is tough to sustain, so during a viral pandemic. What is there conversation with the people you share where something like "I



2. PLATONIC CUDDLING

and free of expectation cuddle from establish safe and consensual specially as an adult and even more to do? Begin by having a space with. Together create a space

would love more hugs when..." &/or "I don't like hugs when..." can be said and listened to.



3. 4, 7, 8 BREATH

Slowly breath in 4 counts, gently hold breath 7 counts then release for 8 counts. This breathing technique is great for catching your breath after a work out & intervening low level panic attacks. Unresolved anxiety impacts the depth of your sleep. Focusing on your breath is one way to anchor your energy back in your body. You may try the 4, 7, 8 BREATH with any position of your body.

4. JOURNAL



If you spiral just in time for bed like we do, never fear. Ultimate processing is here! Write to the people in your mind. Hell! Write to yourself if you need to. Give yourself a judgement free space that no one else can give you and go off! If you're too tired to get

up and grab a pen and paper, make an audio recording.

5. DARK SETTING



Yes, laying down in the dark to sleep is the mainstream recommendation for a good night's rest. What we, at Black Power Naps, mean is to change the settings on all your screen devices to 'dark settings'. This will reduce the amount of energy your device consumes as well as create a much more restful experience while you use your device. On all apple products you can use something called "night shift" in tandem with changing the overall appearance of your screen to 'dark mode' (Black backgrounds instead of white). If you can't find this with your device, you can also download an application called 'f.lux' which will gradually reduce the blues in your retina displays in order to better restore your circadian rhythm needed to rest deeply.



6. BASS VIBRATIONS

Bass Vibration is a tool that we use in our installation through sound and other means. The Black Bean Bed is one use of vibration through the pit of millions of Black beans which are shifting as you move and become a gently pressurized and cooling touch when nestled inside. Use vibration to soothe and still waters: before bed, think about what resonates around you. A guitar, a drum, some techno on good amplification,

even your own thoracic cage can be used as vibrational devices. Chant, play an instrument, or listen to music with deep bass before laying down.



7. CUDDLE PUDDLES / COLLECTIVE POWER NAPS

Unknown to most, as humans, it is our nature to find rest with your affinity group! Sleeping alone regularly can send small distress signals, leaving you to be a light sleeper or even struggle with Sleep Apnea, for example. Collective napping is proven to be an effective tool for infants up until adolescents. As adults there is much to do to restore this sense of safety. We recommend you try! Taking a nap together requires a delicate yet tenacious formation between you all. Learning to share a restful and even deep sleep experience might be one of the leading bonding activities at Black Power Naps :)



8. STEP BY STEP SLEEP GUIDE

- If possible, make sure the room temperature is below 15C.
- In any case, always have air circulation through the nite.
- Power down. When possible, close computers and devices that emit blue light, as this disrupts our circadian cycles. Try to read a book, play an instrument, or listen to an audiobook or a meditation. The goal is to progressively stop using your sense of vision.
- Help your awareness to progressively move out of daytime alertness by creating sensory rituals. A simple ritual is for example dropping a couple of lavender essential oils into your pillow before bed, or moisturizing your skin with some oil containing a couple of drops of lavender essential oil. Slowly, your body will learn to associate this scent with resting time.
- Some movement or exercise before winding down helps to release tension accumulated during days of mostly seating.
- Lower your lights 2 to 3 hours before bed.
- Finishing meals and snacks at least 3 to 4 hours before going to bed.
- Write your worries if you can't stop spiralin.
- If you cannot sleep, get up and do something you find relaxing.

- Try putting a pillow between or under your legs. Postural discomfort or pain can keep us up.
- Make sure your head and neck are in neutral position -when the natural curve of your neck when you're resting on your back is supported.
- Seal your mattress. Sneezes, sniffles, and itchiness from allergies can lead to lousy shut-eye. Your mattress may hold the cause. Over time, it can fill with mold, dust mite droppings, and other allergy triggers. Seal your mattress, box springs, and pillows to avoid them.