

This method, developed by neuroscientist Andrew Huberman, is based on the practice of yoga nidra but is simpler to perform and does not require concentration.

NSDR includes breathing exercises, body scanning, and visualization of calm places. The practice helps reduce stress levels, improve sleep, and increase concentration.

Research confirms its effectiveness: regular practice helps reduce stress, improve sleep quality, and boost creativity due to neurochemical effects.

Huberman emphasizes that NSDR is suitable for everyone, even those unfamiliar with yoga.

It is recommended to practice in a quiet place, lying down or in a comfortable position, using additional elements such as a heavy blanket or aromatherapy.

The method has become popular due to its simplicity and scientifically proven benefits, gaining popularity among top managers and the general public.