

In the course of a new study, scientists analyzed 30 works and determined which types of activity strongly affect the quality of sleep. Among them, the first place was taken by yoga.

Scientists from Harbin Sports University (China) found out during a new study how various types of exercises affect sleep. The results of their work are published in the journal *Sleep and Biological Rhythms*. It was found that less than 30 minutes of yoga twice a week can be the best training for high -quality sleep. But, according to experts, it is also necessary to conduct additional experiments to confirm the results of this study.



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The most useful thing for sleep, as scientists found out, was yoga. Her walks, strength training and aerobic exercises followed her.

According to researchers, yoga improves sleep, since associated controlled breathing exercises activate the parasympathetic nervous system. This reduces the heart rate and promotes relaxation.

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