

# *Yoga nidra* practice shows improvement in sleep in patients with chronic insomnia: A randomized controlled trial

KARUNA DATTA, MANJARI TRIPATHI, MANSI VERMA, DEEPIKA MASIWAL,  
HRUDA NANDA MALLICK

## Appendix A

- *Yoga nidra session*: Guidelines to the observer while conducting a session for individuals. These guidelines are a kind of checklist and are meant for the observer who is conducting the *yoga nidra* session.
- The checklist has been developed for a session of *yoga nidra* following timeline as per the copyrighted CD of *Yoga nidra* for Beginners from the Bihar School of Yoga (approximate duration of 27.14 minutes)
- As an observer, please do not disturb the session participant in anyway. Make sure your mobile is on silent mode or switched off. Keep adequate distance from the participant so as to be able to observe him/her yet not make him/her uncomfortable by being too close to him/her. Please follow the rules of examining the patient while being an observer such as presence of a woman attendant and maintaining identity of the session participant confidential.
- The room should be temperature-controlled with relative sound proofing and not brightly lit.
- *Start of the session*
- For the first session, an introduction to the basic philosophy of *yoga nidra* and the different phases of *yoga nidra* should be explained as:
  - a. Preparation
  - b. Sankalpa
  - c. Body part awareness
  - d. Breath awareness
  - e. Feeling and sensation
  - f. Visualization
  - g. Ending of practice
- *For subsequent sessions*: Assure the participant that if he/she is not able to follow anything while the session is on, the participant should not worry about it instead just continue with the instructions.
- At the start of the session, ask the patient to lie on the mat/bed with or without pillow as suitable to him/her. Temperature should be maintained at a level comfortable for the participant. Once the participant is comfortable, start the session.
- *Start the CD now – Note the time of start*
  1. Whether the participant is following instructions during preparation phase, for example, adjust oneself with instructions, setting of posture, etc.
  2. Observe for a deep breath and release of breath at 2.20–2.38 min after the start of the *yoga nidra* CD.
  3. From approximately 3.28–4.46 minutes of the start of CD, when the instructor is asking to concentrate on the sounds. Note down the sounds that as an observer you hear to ask the participant after the session.
  4. From 6.50 to 6.51 minutes, rotation of consciousness with an example of the right thumb is explained. Closely watch if the participant is able to follow the instructions. Note down in case the patient is unable to follow or is restless or moving, etc. to discuss after the session.
  5. From 7.44 to 14.51 minutes of start of CD, follow the instructor with the parts of the body he/she is asking the participant to rotate his/her consciousness to and relax. Look for whether the participant is able to follow the instructor Signs of restlessness in case he/she is not able to follow. Y/N (Write down the part of the body when it occurred.) (Discuss with the participant after the session.)
  6. At 15.15–18.35 minutes from the start of CD, observe various parts as the instructor mentions for feeling of heaviness and lightness in different parts of the body. See any signs of restlessness or movement and discuss after the session.
  7. At 18.35–23.05 minutes from the start of CD, the instructor makes the participant practice ‘visualization’. Look for, whether the participant is able to follow the instructor. Signs of restlessness in case he/she is not able to follow. Y/N (Write down when it occurred.) (Discuss with the participant after the session.)
  8. From 25.25 to 26.0 minutes when the instructor asks to concentrate on outside sounds. Note down the sounds that as an observer you hear to ask the participant after the session.
  9. Make a note whether the participant was following the instructor
    1. 26.05 minutes – Move parts of the body
    2. 26.23 minutes – Deep breath
    3. 26.36 minutes – Sit up with eyes closed
- After the session, ask the participant what are the different phases of *yoga nidra* he/she remembers.
- Ask him/her the problem areas where he/she could not follow/ focus.
- Discuss the areas where you felt he was not able to follow.
- Give your suggestions as to the problem faced.
- After the first and before the second session, ask him/her to listen to the record all over again without doing it and note down areas where there is confusion or he/she does not understand. These questions can be addressed before the next session.

TABLE SI. Mean (SD) values of questionnaires of both intervention groups

Time of intervention	Yoga nidra group		CBTI group	
	n	Mean (SD)	n	Mean (SD)
<i>Dependent variable: ISI</i>				
Baseline	21	20.05 (4.444)	20	15.75 (4.153)
Mid-intervention	15	11.20 (4.178)	15	13.00 (6.211)
Post-intervention	18	7.94 (6.421)	15	12.53 (7.090)
<i>Dependent variable: PSAS total score</i>				
Baseline	21	44.95 (8.145)	20	42.25 (10.402)
Mid-intervention	15	27.40 (6.936)	14	39.71 (7.907)
Post-intervention	17	25.94 (12.447)	17	30.12 (14.945)
<i>Dependent variable: PSAS somatic score</i>				
Baseline	21	13.10 (4.774)	20	13.25 (4.854)
Mid-intervention	15	10.00 (2.777)	14	14.21 (4.282)
Post-intervention	17	10.88 (5.464)	17	10.65 (4.936)
<i>Dependent variable: PSAS cognitive score</i>				
Baseline	21	31.86 (6.085)	20	29.00 (8.079)
Mid-intervention	15	17.40 (5.829)	14	25.50 (6.595)
Post-intervention	17	15.06 (7.327)	17	19.47 (11.298)
<i>Dependent Variable: Pittsburgh Sleep Quality Index</i>				
Baseline	21	13.14 (3.381)	11.65	3.483 (20)
Post-intervention	17	6.18 (2.984)	9.53	4.862 (17)
<i>Dependent variable: Epworth Sleepiness Scale</i>				
Baseline	20	5.70 (4.414)	20	6.65 (5.641)
Mid-intervention	15	4.33 (3.697)	14	6.00 (5.349)
Post-intervention	19	4.26 (4.188)	17	5.41 (4.169)
<i>Dependent variable: D of DASS</i>				
Baseline	20	19.25 (13.471)	20	15.75 (13.576)
Mid-intervention	15	12.73 (10.813)	13	13.38 (11.623)
Post-intervention	20	10.50 (9.736)	17	10.71 (13.810)
<i>Dependent variable: A of DASS</i>				
Baseline	20	13.25 (8.136)	20	11.45 (8.624)
Mid-intervention	15	8.60 (6.967)	13	9.62 (6.332)
Post-intervention	20	8.30 (7.449)	17	8.88 (7.398)
<i>Dependent variable: S of DASS</i>				
Baseline	25.50	11.293 (20)	23.20	11.316 (20)
Mid-intervention	15.60	9.826 (15)	17.46	10.501 (13)
Post-intervention	12.20	7.716 (20)	15.35	12.083 (17)

ISI Insomnia Severity Index    PSAS Pre-sleep Arousal Scale    DASS Depression Anxiety Stress Scale