

Head Direction While Sleeping

Mayo Clinic Minute - What's the best sleeping position? - Mayo Clinic Minute - What's the best sleeping position? 1 minute, 12 seconds - Back-sleepers beware. \"I know many people find it to be comfortable, because they're not putting weight on their joints,\" says Dr. d73674a0ec Medical Review S1E21 : NEVER SLEEP TOWARDS NORTH OR ELSE... | Worst sleeping Position | Dr.Education - Medical Review S1E21 : NEVER SLEEP TOWARDS NORTH OR ELSE... | Worst sleeping Position | Dr.Education 3 minutes, 26 seconds - Explained in Simple language by a Professional Doctor !! KNOWLEDGE IS PREVENTION - Know the basics about the most ... d73674a0ec Lie Facing This Direction for Better Sleep ☐☐ #shorts - Lie Facing This Direction for Better Sleep ☐☐ #shorts by Dr. Janine Bowring, ND 118,966 views 3 years ago 43 seconds - play Short - Lie Facing This **Direction**, for Better **Sleep**, #shorts Dr. Janine shares what **directions**, to lie for better **sleep**,. She shares ... d73674a0ec Best Sleeping Position for Heart Patients | Best Sleeping Position to Avoid Heart Problems - Best Sleeping Position for Heart Patients | Best Sleeping Position to Avoid Heart Problems 2 minutes, 32 seconds - Find out which side you should preferably **sleep**, on if you have a heart condition. This video may be helpful for someone with ... d73674a0ec The Most Important Sleep Habits d73674a0ec Subtitles and closed captions d73674a0ec Keyboard shortcuts d73674a0ec Where should you place your head while sleeping as per vastu... #vastu #vastushastra - Where should you place your head while sleeping as per vastu... #vastu #vastushastra by Vastu Vridhhi 137,583 views 1 year ago 1 minute - play Short d73674a0ec What is the Best Direction and Position to Sleep | Good Health - What is the Best Direction and Position to Sleep | Good Health 6 minutes, 53 seconds - In this video, Sadhguru explains the reason why it is generally advised in the yogic culture not to point your **head**, towards the ... d73674a0ec What is the Best Direction and Position to Sleep In? - Sadhguru - What is the Best Direction and Position to Sleep In? - Sadhguru 6 minutes, 53 seconds - In this video, Sadhguru explains the reason why it is generally advised in the yogic culture not to point your **head**, towards the ... d73674a0ec Sleeping With Head Towards North Malayalam | Sadhguru's Pseudoscience Exposed | Lucy | ☐☐☐ - Sleeping With Head Towards North Malayalam | Sadhguru's Pseudoscience Exposed | Lucy | ☐☐☐ 10 minutes, 11 seconds - Sleeping, With **Head**, Towards North Malayalam | Sadhguru's Pseudoscience Exposed | Lucy This video explains why claims by ... d73674a0ec BEST HEAD POSITION while SLEEPING as per Vastu Shastra ? - BEST HEAD POSITION while SLEEPING as per Vastu Shastra ? by NumeroVastu English 1,574 views 1 year ago 47 seconds - play Short d73674a0ec The Best Direction to Sleep for Longevity (Ancient Wisdom \u0026 Modern Science) - The Best Direction to Sleep for Longevity (Ancient Wisdom \u0026 Modern Science) 4 minutes, 18 seconds - You might be surprised to learn that the answer to which **direction**, you should **sleep**, could be silently impacting your energy, focus, ... d73674a0ec Search filters d73674a0ec Which is the best direction to sleep? #fengshui #kua #compass #vastusastra #vastu #qibla #kaaba - Which is the best direction to sleep? #fengshui #kua #compass #vastusastra #vastu #qibla #kaaba by Dear Modern 1,016,145 views 4 years ago 56 seconds - play Short d73674a0ec What Modern Science Says d73674a0ec Ancient Wisdom: Vastu \u0026 Feng Shui d73674a0ec The Simple Sleep Experiment to Try Tonight d73674a0ec Vastu Tips: Sleeping with head in THIS direction gives benefits - Vastu Tips: Sleeping with head in THIS direction gives benefits 40 seconds - In Vastu Shastra, today, know about **sleeping**, with **head**, in east and west **direction**,. According to Vastu Shastra, **sleeping**, in the ... d73674a0ec Spherical Videos d73674a0ec The Right Position to Sleep Peacefully at Night | Dr. Hansaji Yogendra - The Right Position to Sleep Peacefully at Night | Dr. Hansaji Yogendra 10 minutes, 15 seconds - We know that sleep is important for our well-being. But do we pay attention on our sleeping positions and how it must affect ... d73674a0ec Playback d73674a0ec Best Side to Sleep On #shorts - Best Side to Sleep On #shorts by Brian Boxer Wachler 1,368,683 views 3 years ago 8 seconds - play Short d73674a0ec Are You Sleeping in the Wrong Direction? d73674a0ec Which direction should you sleep? - Which direction should you sleep? by Sleep Doctor 36,635 views 2 years ago 33 seconds - play Short - sleep, #doctor #sleepbetter #sleeptips #bettersleep. d73674a0ec BEST Direction \u0026 Position For Peaceful SLEEP \u0026 Good HEALTH | Gurudev - BEST Direction \u0026 Position For Peaceful SLEEP \u0026 Good HEALTH | Gurudev 1 minute, 23 seconds - Did you know the **direction**, your **head**, points to **when**, you **sleep**, and the position you **sleep**, in has a huge impact on your quality of ... d73674a0ec What is the Best Direction and Position to Sleep In? - Sadhguru - What is the Best Direction and Position to Sleep In? - Sadhguru 6 minutes, 53 seconds - In this video, Sadhguru explains the reason why it is generally advised in the yogic culture not to point your **head**, towards the ... d73674a0ec General d73674a0ec Let's go over the two best sleeping positions for a better night's sleep! - Let's go over the two best sleeping positions for a better night's sleep! by Dr. Ajay Sawhney 2,003,496 views 3 years ago 22 seconds - play Short - Have you ever woken up on the wrong side of the bed? Let's go over the two best **sleeping**, positions for a better night's **sleep**,! d73674a0ec Don't Point Your Head North When Sleeping - Don't Point Your Head North When Sleeping 6 minutes, 45 seconds - A seeker asks which **direction**, to keep your **head during sleep**,. Sadhguru explains the various geographic patterns which affect ... d73674a0ec Posture expert reveals the only two positions you should be sleeping in - Posture expert reveals the only two positions you should be sleeping in 33 seconds - A posture expert recommends only two **sleep**, positions for optimal spine support, and insists that you should never lay on your ... d73674a0ec Final Thoughts \u0026 Where to Learn More d73674a0ec

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