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REVIEW ARTICLE

Yoga Nidra as Complementary Therapy for Quality of Life: A Narrative Review

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ABSTRACT

Background: *Yoga Nidra*, a guided meditative practice rooted in the yogic tradition, is an essential component of yoga that enhances both psychological and physical well-being. This article offers an extensive review of the scientific literature on *Yoga Nidra*.

Materials and Methods: We searched for citations using the keywords "*Yoga Nidra* and Quality of Life" across various online databases, such as PubMed, PubMed Central, Google Scholar, and the Cochrane Library, covering the years 2012–2025. The search yielded 3080 references. We focused on experimental studies, case studies, and case series published in English that explored the impact of *Yoga Nidra* on psychological and physical well-being.

Results: *Yoga Nidra* effectively reduced anxiety, depression, and stress across various populations, including women with menstrual disorders, cancer patients, and healthcare professionals, thereby enhancing their psychological well-being. This review synthesizes the findings, discusses their mechanisms, and highlights their clinical implications.

Conclusion: The evidence supports *Yoga Nidra* as a holistic, non-invasive practice that improves sleep, cardiac function, and mental health by enhancing parasympathetic activity. Effective treatment across diverse populations reduces anxiety, depression, and stress. Its accessibility and therapeutic potential support its integration into health care. Further research is necessary to establish standardized protocols and to investigate their long-term effects.

1. INTRODUCTION

Yoga Nidra, often interpreted as "yogic sleep" or "conscious sleep," is a meditative discipline that facilitates the metamorphosis of the mind and body through intentional deep relaxation. The term originates from the *Sanskrit* roots *yoga* (union) and *nidra* (sleep), reflecting its purpose of harmonizing consciousness and rest. In recent years, *Yoga Nidra* has emerged as a relevant and effective intervention in contemporary psychological and wellness practices. Its simplicity, accessibility, and cost-effectiveness make it an attractive option to address a wide range of mental and psychophysiological issues. Research has shown that regular yoga practice, including *Yoga Nidra*, can significantly reduce anxiety and stress, alleviate depressive symptoms, and help regulate anger.[1] In addition, it has demonstrated effectiveness in supporting individuals with post-traumatic stress disorder (PTSD) and improving sleep quality in those suffering from insomnia and other sleep-related issues. *Yoga Nidra* has been shown to positively influence adolescents' overall well-being, enhancing their cognitive functioning and emotional stability.[2] *Yoga Nidra*'s theoretical philosophy, from *Upanishads*: *Yoga Nidra*, or "yogic sleep," has roots in yogic philosophy and Upanishads, integrating the concepts of body–mind–spirit harmony and consciousness.

Yogic Philosophy: *Yoga Nidra* embodies the principles of balance between the body, mind, and spirit, aiming to achieve a state of profound relaxation coupled with heightened awareness. Unlike ordinary sleep, where consciousness is absent, *Yoga Nidra* maintains awareness, allowing a deep connection with one's subconscious mind, which aids in addressing emotional and psychological issues.[1]

The *Upanishads*: As foundational texts of Hindu philosophy, the *Upanishads* delve into the nature of consciousness and the *Atman* (Self), often exploring the relationship between individual consciousness and

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the *Brahman* (universal consciousness). They describe practices such as *Pratyahara* (withdrawal of senses) and *Dhyana* (meditation), which are integral to the practice of *Yoga Nidra*. These practices are aimed at self-realization and *Moksha* (liberation), aligning with the goal of *Yoga Nidra* to enhance awareness during conscious relaxation. References in the *Upanishads* regarding states of sleep and consciousness further underscore *Yoga Nidra* to attain deeper spiritual insights.[1,3]

The *Pancha Kosha* model, central to yogic philosophy, conceptualizes human existence as comprising five interrelated sheaths-physical, energetic, mental, intellectual, and blissful-that collectively influence holistic health. *Yoga Nidra*, through its structured progression involving guided mental imagery, breath awareness, and *sankalpa* (resolve), facilitates integration across these layers of consciousness. This process has been associated with improvements in sleep quality, emotional regulation, stress reduction, cognitive function, and overall psychological well-being, thereby promoting psychosomatic healing and enhancing quality of life.[1,3,4-6]

As interest in complementary and alternative therapies grows, *Yoga Nidra* is gaining recognition as an effective complementary approach for managing mental health conditions and enhancing overall psychological well-being. This review aims to provide a comprehensive overview of the scientific literature on *Yoga Nidra*, exploring its effects on both psychological and physical well-being across diverse populations and health conditions.

1.1. Procedure

Yoga Nidra, developed by *Swami Satyananda* at *Bihar's* Yoga School, is a profound yogic technique. His 1998 work outlined the principles of practice, which focus on inner attention as practitioners detach from external stimuli until only hearing remains engaged. The *Yoga Nidra* intervention discussed in this review was developed following the teachings of *Swami Satyananda Saraswati*. His book outlines various formats of *Yoga Nidra*, including *Yoga Nidra*-1, *Yoga Nidra*-2, 3, 4, 5, *Yoga Nidra* for children, and *Yoga Nidra* for insomnia.[7]

The structured sequence of *Yoga Nidra* includes the following steps:

1. Preparation: The practice starts by lying supine in Shavasana, also called the "corpse pose," where the arms and legs are comfortably spread and the palms face upward. This position helps reduce external sensory input and allows the body and mind to enter a state of deep relaxation, thus providing the ideal foundation for the *Yoga Nidra* process.[7]
2. Resolve (*Sankalpa*): At this stage, the practitioner formulates a brief, affirmative intention – known as *Sankalpa* – which is mentally repeated with focused awareness and emotional conviction to initiate inner transformation.
3. Rotation of consciousness (*Chetna ko ghumana*): This stage involves systematically moving awareness through the body to induce relaxation and sensory detachment. The practitioner begins with the right side, noting parts from the thumb to the toes, and then shifts to the left side. Awareness moves across the back, face, and front torso. Each part is acknowledged swiftly, encouraging the release of tension and promoting meditation. This rotation fosters *pratyahara*, allowing the mind to disengage from external stimuli. The process enhances body–mind awareness, preparing for deeper *Yoga Nidra* stages.[7]
4. Breathing awareness (*Shwaas ki sajagta*): At this stage, the practitioner observes the natural flow of breath through the nostrils, chest, and abdomen, optionally using mental counting for focus. Feel your breath flowing in and out (pauses). Focus on your navel area's movement (pauses). Notice that your navel rises and falls with each breath (pause). Count breaths backward from 27 to 1:27 navel rising, 27 navel falling, 26 navel rising, 26 navel falling, etc. Count mentally to yourself (pause).
5. Awareness of sensation (*Sanvedana ki jagrukta*): This stage involves consciously invoking physical and emotional sensations. Focusing on heaviness, sensing grounding weight in the body. They then shift to lightness and experience weightlessness. Next, it brings awareness of cold sensations, imagining coolness, followed by warmth spreading through the body. Finally, observe any physical or emotional without judgment. This sequence brings clarity to your experience, allowing release of tensions.[7]
6. Visualization (*Manas Darshan*): The practice of visualization involves mental relaxation through guided imagery. Practitioners visualize universal symbols, such as landscapes, oceans, temples, saints, or *chakras*, bringing unconscious content to awareness. This practice fosters self-awareness, purges disturbing thoughts, and leads to deep concentration, eventually dissolving distractions for pure meditation.[7]
7. Resolve (*Sankalpa*): At this moment, the practitioner recalls their personal affirmation or *Sankalpa* 3 times, which was established at the beginning of the practice, and fills the repetition with genuine feeling and intention.[7]
8. Finish (*Abhyaas ki Samapti*): In this stage, the practitioner brings their awareness back to the natural flow of their breath. They begin to observe the body lying on the floor, noting the physical points of contact with the ground, the surrounding space, and the subtle ambient sounds. Gradually, the practitioner initiates gentle movements and stretches with care. Once a sense of full wakefulness and presence is achieved, the practitioner slowly opens their eyes, thereby concluding the *Yoga Nidra* practice (Table 1).[7]

2. METHODOLOGY

The search yielded 3080 references. The Google Scholar, PubMed, PubMed Central, Google Scholar, and Cochrane Library searches were limited to the period from 2012 to 2025. The review emphasized experimental studies and systematic reviews, case studies, and case series available in English that explored the impact of *Yoga Nidra*. Studies without accessible abstracts or those published in non-English languages were excluded from analysis. The research included in this review was categorized into two primary domains based on the main findings: Psychological and physical well-being. After applying the inclusion and exclusion criteria and removing duplicates, 16 studies were selected for final analysis. These studies on *Yoga Nidra* investigated various aspects, including anxiety, depression, stress, sleep, cognitive performance, heart rate variability (HRV), blood pressure, quality of life, and the overall impact on psychological and physical well-being. Furthermore, Research has also been conducted to assess the impact of *Yoga Nidra* on psychological well-being across various clinical populations, including individuals with end-stage renal disease undergoing hemodialysis, its role in psychological care for cervical cancer, cardiac function, menstrual irregularities, and polycystic ovary syndrome (PCOS).

3. RESULTS

3.1. Studies on Psychological Well-Being

3.1.1. Women with PCOS and menstrual disorders

A study examined the effects of *Yoga Nidra* on anxiety and depression in 150 women with menstrual disorders. One group received *Yoga*

Nidra alongside medication, while the control group received only medication. After 6 months, the intervention group showed significant reductions in mild-to-moderate anxiety and depression, with statistically significant decreases in HAM-A and HAM-D scores (P = 0.01–0.05). Overall, *Yoga Nidra* effectively reduced anxiety (P = 0.003) and depression (P = 0.02), though severe symptoms remained unaffected.[8]

Similarly, a study was conducted by (Rani *et al.*, 2011) included 150 women with menstrual irregularities showed that those practicing *Yoga Nidra* with medication experienced better psychological outcomes than medication alone. Anxiety (P = 0.003), depression (P = 0.01), well-being, health (P = 0.02), and vitality (P = 0.01) improved significantly, highlighting *Yoga Nidra*'s potential as a complementary therapy for women's mental health.[9]

A systematic review summarized findings from randomized controlled trials investigating the psychological benefits of *Yoga Nidra* in women experiencing menstrual disorders. The review included two trials conducted in India, both comparing *Yoga Nidra* plus conventional medication to medication-only controls for 6 months.

Both trials demonstrated statistically significant reductions in anxiety and depression in the *Yoga Nidra* intervention groups when compared to controls (anxiety: P = 0.01 and P = 0.003; depression: P = 0.02 and P = 0.01) Study concluded that *Yoga Nidra* appears to be a safe and effective adjunct for improving psychological well-being in women with menstrual disorders.[10]

3.1.2. Yoga nidra in cervical cancer support

Individuals diagnosed with cervical cancer frequently endure considerable psychological distress due to the emotional strain of the diagnosis, the side effects of treatment, and the uncertainty surrounding their survival. A randomized trial involving 70 women assessed the impact of *Yoga Nidra* and *Pranayama* as adjunct therapies. The experimental group practiced *Yoga Nidra* and *Pranayama* twice daily with standard care, while the control group received only standard care. Over 6 weeks, the experimental group showed significant improvements in anxiety and depression scores compared to the control group (P < 0.00001) at weeks 2, 4, and 6. The findings showed that *Yoga Nidra* and *Pranayama*, alongside medical care, reduced treatment-related anxiety and depression in cervical cancer patients, highlighting their potential as supplementary therapy.[11]

3.1.3. Yoga nidra for kidney disease

A randomized controlled trial by Vaishnav *et al*. (2022) found that *Yoga Nidra*'s an impact on quality of life in end-stage renal disease patients undergoing hemodialysis. 80 participants were randomly allocated to intervention and control groups. The *Yoga Nidra* group showed significant improvements in happiness (P = 0.0027), well-being ($P \leq 0.001$), and reduced stress (P = 0.001). Quality of life scores improved across the burden, effect, symptoms, and total score domains (P < 0.05). Biochemical markers, including serum potassium, phosphate, protein, and uric acid levels, also improved significantly. The findings support *Yoga Nidra* as a beneficial complementary therapy for enhancing both psychological well-being and overall quality of life.[12]

3.1.4. Yoga nidra for overall psychological well-being

A narrative review comprising 35 studies critically analyzed the psychological outcomes associated with *Yoga Nidra* practice across varied population groups. This practice reduces stress, anxiety, depression, and PTSD, while enhancing sleep, mindfulness, cognition, and well-being. Its accessibility and safety make it a valuable complementary therapy for patients with cancer.[13]

Another study conducted by Vaishnav *et al*. in 2018 examined *Yoga Nidra*'s effects on adolescents through 30-min sessions thrice weekly for 1 month. The practice enhanced psychological well-being, improving happiness and reducing stress. The Psychological General Well-being Index showed gains in anxiety, vitality, mood, and self-control (P = 0.001). Benefits included increased enthusiasm and emotional clarity (P < 0.05), though self-awareness remained unchanged. These findings support *Yoga Nidra* for adolescent mental health.[2]

A study investigating the effects of *Yoga Nidra* on college professors' mental health reported significant anxiety reduction (Fr = 30.95, P < 0.0001), outperforming meditation (*Yoga Nidra* = 16.9, Meditation = 14.9). Depression improved in both groups (F = 2.68, P = 0.032). Physical anxiety and stress decreased compared to controls (Fr = 29.85, P < 0.0001; Fr = 26.21, P < 0.0001), with improved mental health (Fr = 25.49, P < 0.0001). *Yoga Nidra* demonstrated greater anxiety reduction overall (P < 0.0001).[14]

In another related study, the author evaluated *Yoga Nidra*'s impact on stress in 1st-year B.Sc. Nursing students. Fifty students completed 20 sessions of *Yoga Nidra* (48 min each). Stress scores decreased from 28.82 (standard deviation [SD] = 10.33) to 17.80 (SD = 12.62), with a mean difference of 11.02 (sleep efficiency [SE] = 2.10). The significant t = 5.24 (P < 0.05) showed *Yoga Nidra* reduces nursing students' stress.[15]

These findings indicate that *Yoga Nidra* significantly enhances psychological well-being by alleviating anxiety, depression, stress, and PTSD while promoting mood stability, emotional clarity, and resilience across various populations (Table 2).

4. STUDIES ON PHYSICAL WELL-BEING

4.1. Sleep Quality and Insomnia

Yoga Nidra improved chronic insomnia outcomes in 41 patients, showing increased SE, reduced wake time, and enhanced delta waves. Polysomnography showed increased N3 (P = 0.005) and N2 (P = 0.041) sleep with improved efficiency (P = 0.002). Sleep diaries revealed increased total sleep time and quality (P = 0.0005), decreased sleep onset latency, and reduced cortisol (pre = 3.63 ± 1.99 ng/mL, post = 2.16 ± 1.37 ng/mL, P = 0.041). ISI, Pittsburgh Sleep Quality Index (PSQI), and the depression anxiety stress scale-stress scores improved.[4]

Similar to a randomized controlled trial, *Om* chanting and *Yoga Nidra* improved sleep quality in hypertensive individuals. The intervention group demonstrated improvements in the PSQI domains, including sleep latency, duration, efficiency, disturbance, and daytime dysfunction (P < 0.001) at 30-day and 60-day follow-ups. Reduced PSQI scores indicated better sleep quality during the study. The intervention also decreased depression, anxiety, and stress levels and improved HRV, indicating enhanced autonomic regulation.[16]

4.2. Studies on Cardiac Function

A randomized crossover study found that 30 min of *Yoga Nidra* increased HRV while reducing heart rate and low-frequency power, indicating enhanced parasympathetic activity. The results showed a reduced heart rate (P = 0.001), increased RR interval (P = 0.001), elevated high-frequency power (P = 0.035 for *Yoga Nidra* + *Yoga*;

P = 0.008 for *Yoga Nidra* alone), and decreased LF/HF ratio (P = 0.008). These autonomic changes mirror restorative slow-wave sleep states, with both *Yoga Nidra* alone and Hatha yoga enhancing HRV ($P < 0.05$).Click or tap here to enter text.[17]

A study of 52 males showed *Yoga Nidra* enhanced HRV, indicating improved cardiac regulation. Higher frequency power correlates with parasympathetic activity, while a reduced LF: HF ratio shows decreased sympathetic drive. Participants were divided into *Yoga Nidra* and rest groups. The *Yoga Nidra* group showed increased time-domain metrics (P = 0.001). LF and HF powers increased post-intervention (P = 0.001). HF normalized units increased while LF/HF ratio decreased, showing enhanced parasympathetic response.[18]

A 16-min *Yoga Nidra* session with 32 hypertensive adults reduced systolic (−7.12 mmHg, $P < 0.001$) and diastolic (−6 mmHg, $P < 0.001$) blood pressure. HRV parameters improved ($P < 0.05$), showing enhanced parasympathetic activation. BP reduction correlated with pre-intervention values and HRV changes, suggesting brief *Yoga Nidra* can improve cardiovascular regulation in hypertensive individuals.[19]

Another A 6-month study at *Chhatrapati Sahuji Maharaj* Medical University examined *Yoga Nidra*'s effects on autonomic regulation in women with menstrual disorders. Of 150 participants, 126 completed guided sessions 5 days a week. Results showed reduced blood pressure, heart rate, and handgrip strength ($P < 0.01$). Parasympathetic markers improved, indicating enhanced autonomic stability, while HRV indices remained unchanged.[20]

This study examined *Yoga Nidra*'s neurophysiological effects in 30 healthy adults. Using polysomnography and electroencephalography (EEG), researchers found participants remained awake, with spectral analysis showing localized brain activity changes. Delta power increased in the central brain region (P = 0.033) and decreased in the prefrontal region (P = 0.041). Changes occurred in theta-1, alpha-1, and alpha-2 bands. Sleep diaries showed improvements in sleep time (P = 0.0001), efficiency (P = 0.0005), quality (P = 0.01), and wake duration (P = 0.00005). *Yoga Nidra* induces slow-wave activity while maintaining wakefulness.[21]

A recent study of 41 healthy male novices found *Yoga Nidra* enhanced sleep quality and cognitive performance. Sleep diaries showed improvements in sleep time, onset latency, wake periods, quality, and efficiency (P = 0.001). Polysomnographic data showed increased delta wave activity during N3 sleep (P = 0.04). Cognitive tests revealed improved processing in visual learning (P = 0.002), abstract matching (P = 0.02), and working memory (P = 0.04). EEG analysis showed increased delta and theta activity correlating with cognitive improvements. Emotion recognition improved for anger and fear stimuli (P = 0.004), while neutral recognition declined (Table 3) (P = 0.04).[5]

Scientific research shows that *Yoga Nidra* enhances physical well-being by improving sleep quality and reducing insomnia symptoms, cognitive performance, and stress levels. It enhances autonomic regulation through improved HRV, blood pressure, and brain activity, as demonstrated in clinical studies.

5. DISCUSSION

This review synthesizes findings from various studies on *Yoga Nidra* and highlights its potential as a complementary therapy for enhancing physical and psychological well-being. This practice, rooted in ancient yogic philosophy, has demonstrated efficacy across diverse populations and health conditions. The psychological benefits of *Yoga Nidra* have been evident in multiple studies. Women with menstrual disorders and PCOS showed significant reductions in anxiety and depression, and improvements in positive well-being and general health after practicing *Yoga Nidra*.[8,9] Similar benefits were observed in cervical cancer patients undergoing treatment, with reduced anxiety and depression scores.[11] The practice also improved quality of life measures in end-stage renal disease patients on hemodialysis, enhancing happiness, well-being, and reducing perceived stress.[12] Improvements in physical health were notable, particularly in terms of sleep quality and cardiac function. *Yoga Nidra* improved SE, reduced wake time, and increased delta waves during deep sleep in individuals with chronic insomnia.[4] It also enhanced HRV,[17] indicating improved autonomic regulation and reduced blood pressure in hypertensive individuals.[18-20] The neurophysiological effects of *Yoga Nidra* are intriguing, with studies showing localized changes in brain activity, particularly increased delta power in the central brain regions, while maintaining wakefulness.[21] This unique state may explain the restorative benefits reported by the practitioners. Despite these promising results, the current study has several limitations. Many studies had small sample sizes, limiting the generalizability of the findings. The heterogeneity in the *Yoga Nidra* protocols across studies makes it challenging to establish standardized practices. In addition, most studies have focused on short-term effects, leaving questions about the long-term benefits unanswered. Future research should address these limitations by conducting larger randomized controlled trials with standardized *Yoga Nidra* protocols. Long-term follow-up studies are required to assess the durability of these effects. Investigating the neurobiological mechanisms underlying the benefits of *Yoga Nidra* may provide valuable insights into its therapeutic potential. The accessibility and cost-effectiveness of *Yoga Nidra* make it an attractive complementary therapy for various health conditions. Its non-invasive nature and ability to induce relaxation without physical exertion make it suitable for diverse populations, including those with physical limitations. In conclusion, while more rigorous research is needed, the current evidence supports *Yoga Nidra* as a promising adjunctive therapy for improving both psychological and physical well-being. Its integration into healthcare settings can potentially enhance patient outcomes and quality of life across various health conditions.

6. CONCLUSION

Yoga Nidra, an ancient yogic practice, offers therapeutic benefits for physical and psychological well-being. Research has demonstrated its effectiveness in improving sleep quality, cardiac function, and mental health by reducing anxiety, depression, and stress. This practice enhances SE and cardiac autonomic function through HRV and parasympathetic activation. It shows benefits across diverse populations, including women with menstrual disorders and patients with cancer. Despite promising evidence, the research limitations include the small sample sizes. Its accessibility, noninvasive nature, and cost-effectiveness make it valuable for integrative healthcare. Studies have demonstrated its effectiveness in improving sleep quality, cardiac autonomic function, and mental health through parasympathetic activation. Benefits have been observed across diverse populations, including those with chronic conditions. To enhance its clinical applicability, future research should prioritize the development of standardized *Yoga Nidra* protocols and the evaluation of long-term therapeutic outcomes. As a holistic intervention, *Yoga Nidra* offers a comprehensive approach to promoting well-being and holds considerable potential for integration into contemporary healthcare settings.

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8. AUTHORS' CONTRIBUTIONS

All authors have contributed equally to conception, design, data collection, analysis, drafting, and final approval of the manuscript.

9. FUNDING

Nil.

10. ETHICAL APPROVALS

This study does not require ethical clearance as it is a review article.

11. CONFLICTS OF INTEREST

Nil.

12. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from the principal investigators.

13. PUBLISHERS NOTE

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Table 1: *Yoga Nidra* procedure structure[1,7]

S. No.	Step	Description	Rationale
1	Preparation	Lie down in Shavasana, with hands apart.	Physical relaxation/awareness of sounds (attention to the nearby sounds).
2	Resolve	Establish a personal goal with a clear intention using positive affirmations.	Creating intention
3	Rotation of consciousness	Awareness through different centers of the body.	*Pratyahara* achieved by rapidly shifting awareness from one body part to another, mentally repeating each body part, practice starts with the right hand to all major parts.
4	Breathing awareness	Awareness from throat to navel; count 54 to 1 or 27 to 1.	Awareness of the natural ingoing and outgoing breathing
5	Awareness of sensation	Heaviness, lightness, cold, heat, pain, pleasure.	Breath awareness
6	Visualization	Awareness of *Chidakasha* (inner space).	Withdraw awareness from external stimuli and focus on the inner space (*Chidakasha*) behind closed eyes.
7	Resolve	Repeat the initial Sankalpa; maintain focus on *Chidakasha*.	Repetition of *Sankalpa* 3 times clearly, with feeling and emphasis
8	Finish	Gradual awareness of the environment, relaxation, and slow sit-up.	*Sankalpa* repetition
	Total		30 min

Table 2: Psychological well-being

S. No.	Author	Year	Study population	Duration	Variable studied	Results
1	Khushbu Rani *et al*.[8]	2012	Women (18–45 years old) with menstrual irregularities (*n*=126, completed *n*=65 intervention, *n*=61 control)	6 months	Anxiety, depressive symptoms (HAM-A, HAM-D)	*Yoga Nidra* is an effective complementary therapy for menstrual disorders, significantly reducing mild-to-moderate anxiety and depression. No effect on severe cases.
2	Rani *et al*.[9]	2011	150 women (18–45 years) with menstrual irregularities, randomized into *Yoga Nidra* group and control group	6 months	Anxiety, depression, positive wellbeing, self-control, general health, vitality (PGWBI domains)	*Yoga Nidra* significantly improved well-being, reduced anxiety and depression, with notable gains in vitality and general health versus controls.
3	Kim[10]	2017	Women with menstrual disorders (dysmenorrhea, oligomenorrhea, etc.)	6 months (30–35 min, 5 days/ week)	Anxiety, depression	*Yoga Nidra* significantly reduced anxiety and depression without adverse effects; recommended as a safe therapy, though further RCTs are needed.
4	Nuzhath *et al*.[11]	2024	70 women with cervical cancer (stages IB2-IVA), aged 35–80	6 weeks (twice daily, 5 days/week)	Anxiety, depression (HADS)	*Yoga Nidra* and *Pranayama* led to a significant reduction in anxiety and depression. Well-being improved in cervical cancer patients undergoing treatment.
5	Vaishnav *et al*.[12]	2022	80 ESRD patients (age 18–70, MHD, India)	6 weeks	QOL, (KDQOL), Happiness, Perceived Stress, Psychological General Wellbeing	*Yoga Nidra* significantly improved psychological outcomes, reducing anxiety and depression, enhancing well-being, and demonstrating high acceptability compared to controls.
6	Vaishnav *et al*.[2]	2018	36 adolescents (13–15 years) (20-male, 16-Female)	1 month (30 min, 3 days/week)	Happiness, Perceived Stress, QOL, Psychological Well-being	*Yoga Nidra* enhances happiness, reduces stress, and improves well-being; qualitative data show increased peace, energy, focus, and confidence.
7	Ferreira-Vorkapic *et al*.[14]	2018	60 college professors (30–55 years)	3 months	(BAI, HAMA), depression (BDI), stress (ISSL, BSQ)	*Yoga Nidra* and meditation significantly reduced anxiety and stress; *Yoga Nidra* showed superior anxiety relief. Depression outcomes were comparable.
8	Rani *et al*.[15]	2013	50 B.Sc Nursing 1st year students	20 days	Stress level	*Yoga Nidra* effectively reduces stress in students under academic and clinical pressure, promoting physical, psychological, and academic well-being through regular practice.

HAM-A: Hamilton anxiety scale, HAM-D: Hamilton depression scale, PGWBI: Psychological general well being index, KDQOL: Kidney disease quality of life, QOL: Quality of life, BAI: Beck anxiety inventory, HAMA: Hamilton anxiety rating scale, BDI: Beck depression inventory, BSQ: Body sensations questionnaire, ISSL: Lipp's stress symptoms inventory for adults

Table 3: Physical well-being

S. No.	Author	Year	Study population	Duration	Variable studied	Results
1	Datta *et al*.[4]	2021	41 adults with chronic insomnia (25–60 years)	8 weeks	Total sleep time, sleep efficiency, wake after sleep onset, sleep onset latency, sleep quality, salivary cortisol, polysomnography (N1, N2, N3 stages)	*Yoga Nidra* improved sleep measures, enhanced deep sleep (N2, N3), reduced cortisol, comparable or superior to CBTI.
2	Rajagopalan *et al*.[16]	2022	65 adults with primary hypertension (25–60, meds)	60 days	DASS-21 (depression, anxiety, stress), PSQI, HRV (Time/Freq. Domains)	*Yoga Nidra* with *Om* chanting significantly reduced depression, anxiety, stress, and improved sleep quality and autonomic function versus controls.
3	Markil *et al*.[17]	2012	Healthy adults, yoga practitioners (n = 20) age 18–47	Single session	HR, RR, pNN50, SDNN, rMSSD, LF, HF, LF/HF ratio, TP, HRV (Polar RS800)	*Yoga Nidra* increased HRV, parasympathetic tone, reduced HR, HRV indices, both independently, after *Hatha yoga*. Similar autonomic effects.
4	Chhetri *et al*.[18]	2020	52 healthy young male medical students (26 YN, 26 rest)	Single session (20 min)	HRV time (SDNN, RMSSD, NN50, pNN50), frequency (LF, HF, TP, LFnu, HFnu, LF/HF)	YN increased HRV indices (SDNN, RMSSD, etc.), decreased LFnu and LF/HF versus rest, indicating enhanced parasympathetic activity.
5	Ahuja *et al*.[19]	2025	32 adults with essential hypertension (India, age 30–60, 22 males, 10 females)	Single session (16 min)	Blood Pressure (SBP, DBP), heart rate variability (HRV) time domain (SDNN, RMSSD, pNN50), frequency domain (LF, HF, LF/HF ratio, TP)	16-min *Yoga Nidra* reduced systolic (7 mmHg) and diastolic (−6 mmHg) BP; HRV parameters (LF, HF, TP, SDNN, RMSSD) increased, showing parasympathetic dominance.
6	Singh *et al*.[20]	2012	Females with menstrual irregularities (n = 126 completed)	6 months (35–40 min/day, 5 days/ week)	Blood Pressure (SBP, DBP), heart rate, postural hypotension, sustained hand grip, expiration-inspiration ratio, 30:15 beat ratio, Valsalva ratio, HRV (LF, HF, LF/HF)	Significant improvements in blood pressure, autonomic functions (sympathetic and parasympathetic balance), and cardiac autonomic parameters in the intervention group practicing *Yoga Nidra*.
7	(Datta *et al*., 2022)[21]	2022	30 healthy adults, 15 males/15 females	2 weeks daily *Yoga Nidra*; final session ~ 27 min EEG/PSG	Sleep diary (TIB, TST, TWD, efficiency, quality), EEG/PSG (19 channels, PSD for delta/theta/alpha/ beta bands, regional analysis)	*Yoga Nidra* exhibited "local sleep" (central delta EEG), improved quality/efficiency, reduced wake time, with regional EEG changes.
8	(Datta *et al*., 2023)[5]	2023	41 healthy young male novices	4 weeks *Yoga Nidra* practice	Subjective sleep diary (TIB, TST, SOL, WASO, SQ, SE), Polysomnography (PSG), Cognition Test Battery, EEG power spectral density (O1, F3, C3)	*Yoga Nidra* significantly improved sleep and cognition; increased delta activity correlated with enhanced memory, attention, and emotional processing.

ISI: Insomnia severity index, PSQI: Pittsburgh sleep quality index, ESS: Epworth sleepiness scale, DASS: Depression anxiety stress scale, PSAS: Pre-sleep arousal scale, TIB: Time in bed, TST: Total sleep time, SOL: Sleep onset latency, WASO: Wake after sleep onset, SQ: Sleep quality, SE: Sleep efficiency, PSG: Polysomnography, EEG: Electroencephalography, HR stands: Heart rate, PSD: Power spectral density, CTB: Cognition test battery, MPT: Motor praxis test, VOLT: Visual object learning task, NBACK: N-back working memory task, AIM: Abstract matching task, LOT: Line orientation task, ERT: Emotion recognition task, MRT: Matrix reasoning task, DSST: Digital symbol substitution task, BART: Balloon analog risk task, and PVT: Psychomotor vigilance task