

Beating Insomnia

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Imagine being able to get a good night's sleep and actually feeling rested the next day.

In this session we will help you to get more consistent restorative, uninterrupted sleep. There are things you can do to improve the quality of your sleep such as focus on your breathing.. Let's get started now...

(Script)

Take a moment now to let your breathing become even more regular and deep... Notice how much more relaxed you are... At bedtime, picture yourself slowing your breathing and relaxing even more deeply...

Picture yourself preparing for sleep now... The day is done; your chores and responsibilities for the day have been completed. You have changed into your night ware and taken care of day's end hygiene. All duties of the day are finished, and your time now is your own. It is time to prepare for sleep.

Envision a quiet room... it could be your bedroom, perhaps a living room or a den. The room is slightly darkened... the computer monitor and the television are turned off... there is perhaps soft music, very quietly playing... you may find it relaxing to use a form of aromatherapy. Experience the soft scent of lavender or chamomile... you allow yourself to breathe it in deeply and relax... you let yourself bask in this calming setting for about half an hour, or maybe a full hour. It feels so good to let go of the pressures of the day, to center yourself and to just *be*...

Now it is time to go to bed. Picture yourself climbing into bed now, feeling the mattress beneath you, snuggling in between warm sheets and your head sinking into a soft pillow... it feels so inviting and so safe... The room is darkened; no lights to signal wakefulness. There is no television or other distractions... the time is now to sleep...

Let your mind turn off to the thoughts of the day... if a thought or concern comes to you, you find you can simply acknowledge its existence and then dismiss it... you can deal with it tomorrow...

Focus again on your breathing. As you settle into bed, you can use the same techniques you are using right now... slow... regular... deep breathing ... and as you breathe deeply, you find you are able to allow your muscles to relax, one by one. Starting with the top of your head, briefly tense each muscle and then allow it to relax and go limp... the muscles in your cheeks, your chin, your neck... gradually working your way down, until you have relaxed every muscle in your body. See now, how you have the muscle tone of a dishrag, as you relax both mind and body... See how good it feels...

Finally, picture yourself as already having slept well... you have had a good night's sleep, an uninterrupted sleep... you see yourself as rested, alert and vital... you are ready for the new day.

It is time for you to come back to this time, to this place. And as you do, you find that you are able to take the things you have learned here today and this wonderful, relaxed feeling home with you and experience them again, as you sink into your soft, warm, inviting bed ...