



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Sleep Well

Sleep Well

Imagine sleeping soundly through the night, every night.

Sleep is essential to good health. If you aren't getting enough sleep, you are probably tired and irritable during the day. Your brain may have that "foggy" feeling, and you may feel like you aren't fully present as you go through your day. Insomnia is caused by an inability to relax, and it can take several different forms. Some people toss and turn, unable to fall asleep, while others keep waking up throughout the night. Either way, if you don't sleep well, you know the toll that it takes on your health and energy. And the harder you try to fall asleep, the more anxious you will become, making it even less likely that you will be able to fall asleep or stay asleep.

There are a number of treatments for insomnia. Perhaps you have tried herbal remedies, warm milk or prescription medications without much luck. Some people resort to drinking alcohol to help them sleep, a habit which has obvious consequences of its own. Medications also have side effects and can be habit-forming. So what else can you do to get a good night's sleep?

If you have tried everything and still can't sleep, or if you want to forego costly medications or remedies with side effects, Mindfulness meditation may be the sleep aid you are looking for. With meditation, you can learn gentle suggestions to help you relax and fall asleep. If you combine this meditation with good sleeping habits – such as using the bedroom only for sleeping, avoiding caffeine and stimulants at night and making sure that the room you sleep in is totally dark – insomnia can surely become a thing of the past.

Turn off all phones or anything that could distract you and find a place either in your bed or in a comfortable chair where you will not be disturbed during this time...

Never listen to this recording while driving or operating any machinery as it could make you very drowsy..... just let your mind go and relax now ... It is highly recommended to use headphones to listen to these recordings to be able to hear all the subtle sounds and to help you go deeper without any distractions...



You will be taken into a deep state of relaxation during this recording, so it is important to make yourself very comfortable. Make sure your body is in a very relaxed position, and adjust your body as you need to...

Close your eyes

Take a deep breath in now...

hold it for 5 seconds and then release it with a big sigh...

Release any tension accumulated from your day with another big breath and a sigh...

Now breathe very slowly into your abdomen...

Place your hands there and feel your stomach rising and falling with each breath...

As you breathe in allow your abdomen to rise and as you breathe out let it fall. Focus all your attention now on your breathing.

That's right...

Keep the breath moving in and out of your belly, and keep your chest still...

In.....and..... out.....

Breathing **slow, and deep.**