

Relaxation for sleep

{surf sounds}

Settle into a comfortable position in your bed. Adjust your bedding, if need be, so it is lying loosely across your body. Uncross your legs and arms, and let your arms rest loosely by your sides. With our eyes gently closed, open your mouth and yawn, easily, deeply. And when you are ready, slowly and gently exhale, blowing all the air out of your mouth, as you lie quietly and allow yourself to just be here, fully present in this moment.

Again, breath in, a full, deep breath in through your nose, filling our lower abdomen like a balloon, then slowly, gently exhale, blowing all the air out through your mouth. Continue breathing easily and effortlessly, at your own pace – slow, deep, full breaths in, and long, slow, gentle exhales. With each inhale, you breathe in soothing, peaceful relaxation, filling your mind and body with fresh, life-giving oxygen. With each exhale, breathing out tension and stress, letting go of thoughts and feelings and the cares of the day. This is your time for quiet, peaceful rest and deep, sound sleep.

As you slow down and relax, invite your mind to calm and clear, your body to release and relax, and your whole being to slow down and let go. No need to judge yourself or your experience. Give yourself complete permissions to simply be there, relaxing, ready for deep, restful sleep.

On your next inhale, imagine breathing in soothing, warm, soft light, and this light filling your mind, soothing, relaxing, clearing, and calming your mind. As you exhale, this soft, warm light leaves your mind and body with your breath, taking with it your thoughts and feelings, letting go as you drift down into deeper and deeper relaxation – more and more peaceful and sleepy, breathing in soothing, calm, soft light, filling your mind and body, bathing away any thoughts, tension, or stress, calming you, clearing your mind, soothing and warm in your body. As you drift more and more deeply into drowsiness and complete relaxation, feeling the warmth and heaviness of your body, lying safely in your bed, warm, comfortable, and completely safe and at peace.

As you breathe easily and naturally, gently notice the points of contact between your body and your bed, all the places your skin is in contact with your clothing and the weight of your body resting gently in your bed. As you breathe in and out, relaxing even more completely, scan your body from your head all the way down to your toes. Notice any areas of your body where you may be holding onto tension, where there is even the slightest holding or tightness, and consciously release and relax these areas, just letting go, drifting deeper and deeper into soothing relaxation. Each breath calming you, bathing you in warmth and relaxation, as you drift deeper into relaxation and drowsiness. Easily notice your breathing. Follow it – all the way in and all the way out of your body, relaxing, soothing, deep breaths, as you let yourself drift more and more deeply with every breath, more and more calm and peaceful. Feel how wonderful it is to completely let go, to feel the warmth and peace of relaxation and drowsiness throughout your body.

Imagine yourself quietly, gently drifting down a path or staircase to a very warm, safe, special place that's just for you. This might be a quiet, warm room where you feel very safe and peaceful. Or a special place outdoors where you feel completely relaxed, at peace and safe. This place is familiar, secure, comfortable, all your own. It may be some place from your past or your life now, where you feel very relaxed and peaceful. Or a place that you create for yourself. You can return to this place many times, whenever you choose. You are going there now, knowing deeply that you are growing even more relaxed and drowsy as you approach this special quiet place. You gently drift into deeper and deeper relaxation with every step.

Every count, from 10, down to 9, 8, more deeply relaxed, 7, 6, very safe, warm, 5, 4, drifting more deeply into relaxation and drowsiness, 3, 2, more relaxed, drifting deeper, and 1, quietly sleeping, lying down in a special warm place just for you. This is your time and your safe place to rest, heal, repair, and sleep – deeply, soundly, safely.

Feel yourself warm and safe here, more deeply relaxed with each breath you take. Notice the warm colors, quiet soothing sounds, fresh smell, the feel of your skin as you doze and rest quietly, peacefully, and more deeply relaxed with each breath you take. You now know at a very deep level that this comforting peaceful place is always here for you, always welcoming you whenever you need to relax and rest. You know that you can sleep deeply, peacefully, restfully through the night in this warm, safe place.

Your gentle breathing soothes and releases you as you take in the peace and serenity of this safe, quiet place. Let this tranquility spread throughout your body, filling your mind and all your organs and cells with peace and relaxation and soothing deep relaxation and drowsiness, nourishing you, protecting you, as you drift more and more deeply into sleep. You are so relaxed, completely safe, warm, and drowsy, drifting deeper and deeper, your body warm and heavy, your mind peaceful, your eyes heavy with sleep. It is safe to let go, to easily fall asleep, all your muscles warming and melting like butter melting in the warm sun. Feel every muscle, every molecule of your body, letting go, relaxing, melting into your bed as you let go more deeply with each breath. Your major muscle groups, your tiniest muscles, every nook and cranny of your body melting, relaxing, warmly and heavily sinking into your bed as you breathe and yawn easily and effortlessly, your body warm and heavy in your bed. Breathing in easily, naturally ... breathing out, slowly, gently. Feel how wonderfully warm and comfortable you are now as your body relaxes more and more deeply. Your muscles releasing, melting, the weight of your arms and legs sinking into your bed, growing heavier as you drift more deeply into drowsiness and sleep.

Your breathing is slow, deep, easy, and restful as you lie quietly in this warm, sleepy place. Your heart beat is calm, regular. Your mind is peaceful, easily resting, falling asleep. Your forehead is cool, smooth, and relaxed. The tiny muscles around your eyes very soft and relaxed. Your eyelids feeling heavier and heavier as you relax more deeply. Your cheeks are soft and relaxed. Your jaw is loose. Your mouth relaxed, and your teeth slightly apart, and your tongue lying softly in your mouth as when you are completely at peace and deeply asleep. All the tiny muscles around your ears and in your scalp gently relaxed, the weight of your head sinking into your pillow, softly, deeply, comfortably, as you fall gently asleep. Your neck is warm and relaxed, your muscles soft and heavy, from the base of your head down to the sides of your neck, connecting to the muscles in your shoulders. You feel gravity pulling your shoulders down toward your bed. The muscles in your shoulders feeling heavy, warm, more and more deeply relaxed. The muscles in your shoulder blades and upper back warm and soft. The weight of your body sinking, melting into your bed. All of your major muscles warm and heavy, more deeply relaxed with every breath you take. Every muscle in your body, from the largest to the tiniest, releasing and melting, sinking into the surface of your bed, growing heavier and more relaxed as you fall more deeply asleep, your arms next to you, warm and heavy, as all the muscles in your arms completely release with each deep, easy breath in and the long, slow breath out. Your buttocks feel heavy and warm as these muscles release, melting into your bed like butter in warm, soothing sunshine, bathing your entire body in warmth and deep relaxation. Your legs feel heavy, warm, more and more relaxed, from your thighs to your calves down to your ankles and your feet. All the muscles in your legs feeling warm and heavy, deeply relaxed, as they melt and sink into your bed. Every organ and cell in your body in harmony resting as they support your healthy, deep sleep, allowing your tissues and cells to repair and renew, your mind to clear and calm, your body to release, calmly, quietly, into deep relaxation, rest, and sleep.

Feel yourself drifting deeper and deeper, sleepier. Every moment as you relax more and more completely, your body melting into your bed, your muscles bathing in warmth and comfort as you sink more deeply into quiet rest and sound, peaceful sleep. Breathing easily, as you breathe when you sleep deeply, more and more comfortable, warm, heavy, sleepy. You know, at a very deep level, that you can safely and quietly release. Drift deeper into comforting, restful, deep sleep. You are so relaxed, completely safe, sleepy, drifting deeper, your body warm and heavy, your mind is still, your eyes heavy with sleep. It is safe to sleep deeply and easily for as long as you need to sleep, to feel well and be healthy, perfectly sound and deep sleep, as long and as deeply as you need to sleep.

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