

### **SCRIPT #3 GOOD NIGHT'S SLEEP**

What's there's no debate about how important a good night's sleep is for overall health and well-being, as I mentioned earlier in the book, good sleep hygiene is fundamentally important for you to take control of your health. The basic formula includes no screens two to three hours before bed and no food three to four hours before bed. Your bedroom should be dark (no lights), and on the cool side is perfect for a good night's sleep. The sleep experts always say our beds should be for sleeping and sex, and that's it.

When you're recording this, obviously, you want to speak in very relaxed, low hushed tones, and toward the end, you can speak really low and barely whisper.

**Your recording starts here:** OK, it's time for a great night's sleep and first thing you need to do is get yourself in a nice relaxed comfortable position so take a moment now and do that, please...

I'd like you to place your attention on how your body is lying on the mattress, focus on where the body meets the mattress and how the body is gently sinking into that position, and the muscles are just starting to sag and relax. Take a great big deep breath in through your nose as deeply as you can and hold it and take a second breath in and hold it...now let it out nice and slowly. Let's take some time to focus on gratitude and what we have to be thankful about, which may include: "I'm still alive," "I have a roof over my head," or any person in your life you may be thankful for, or anything you may have enjoyed like a nice sunny day, and so on.

(Pause for a minute or so as you recognize what to be grateful for.)

You're going to sleep so deeply tonight, and when you awake in the morning, you'll feel very good.

Simply listening to the words now helps you feel calm and re-laxed. Imagine the muscles in the body are letting go and becoming soft and supple.

OK, now let your eyes relax, and let's take a few slow, deep breaths. Please take a nice big, slow deep breath in through your nose...and let it come slowly out of your nose, feeling the air as it passes between your nostrils...Take another nice, deep inhalation...and let it come slowly out of your nose feeling the breath pass between your nostrils as you begin to let go and relax...This time, fill your lungs as deeply as you can, and hold your breath, as deeply as you can and hold your breath...hold, hold, hold, and let it out slowly and let go and relax, relax, relax...Every gentle breath helps you drift into deeper levels of relaxation. Anytime I ask you to nod your head, you'll find this also helps you feel more relaxed.

Now, focus on where the body meets the mattress and how the muscles are gently sinking into that position, and it feels safe and comfortable. Take a great big deep breath now in through your nose is deeply as you can and let it out nice and slowly. Imagine the body just gently sinks into that position and your muscles just relax.

Focus your awareness on your eyes and eyelids, and just imagine that your eyes and eyelids are very heavy, sleepy, and tired. Imagine the eyelids, feel heavy, sleepy, and tired. Just pretend that your eyes and eyelids are so sleepy and tired, it feels like it was one of those mornings where the alarm went off and it felt like you didn't get enough sleep. To the best of your ability create that feeling around your eyes and eyelids where they feel heavy, sleepy, and tired, heavy, sleepy, and tired. Very good.

Imagine that relaxed feeling spreading to the muscles in your face and the muscles in your cheeks and allow your jaw to relax, allow a little space between your teeth. Imagine the neck, muscles, and shoulder muscles just let go and relax and imagine the muscles in your chest and arms and wrists and hands. Just start to feel loose, limp, and relaxed. Loose, limp, and relaxed. Now imagine the muscles in your hips and legs just feel so comfortable and so relaxed, so comfortable and so relaxed, the muscles in your ankles and feet just feel so comfortable and relaxed.

And if you're feeling safe and comfortable, gently nod your head *yes, please...*

In a moment I will count to the number three. When you hear the number three, you'll envision yourself standing at the top of a very special stairway, the stairway of sleep and rest. This special stairway of sleep and rest will have ten steps going down; the steps may even be numbered from ten to one. At the bottom of the stairs is a beautiful doorway. You'll hear a count down from ten to one. With each number, step down to the next step. As you proceed down you will sink into deeper levels of relaxation as you begin to drift into a safe night's sleep.

On the count of three, imagine yourself standing at the top of the stairway of sleep...One, two, three...Imagine yourself now standing at the top of the stairway. When you can imagine this, gently nod your head *yes, please...*Very good. Notice that there is a beautiful doorway at the bottom of the stairs. By the time you reach the bottom, you'll feel very, very sleepy and relaxed. Get ready for the initial step you may actually feel your foot hit the step.

Here we go, number ten, stepping down feeling more relaxed...

Number nine, stepping down feeling more relaxed and sleepier...

Number eight, stepping down feeling more relaxed and sleepier...

Number seven, stepping down feeling more relaxed and sleepier...

Number six, stepping down feeling more relaxed and sleepier... Number five, stepping down feeling more relaxed and sleepier...

Number four, stepping down feeling more relaxed and sleepier...

Number three, stepping down feeling more and more relaxed and sleepier...

Number two, stepping down feeling more and more relaxed and sleepier...

Number one, stepping down feeling more and more relaxed and sleepier.

Very good, on the count of three we will go through the doorway, and you will discover a place where you feel very safe in every way. Most people choose their bedroom for a safe place, but you may imagine any place you would like, it could be a place in nature, or it could be a place from your childhood, on the count of three, let's open the door and discover your safe place.

One, two, three...

Now you are in your safe place, listen to a slow count down from ten to one and you will notice that you are sinking deeper and deeper into a peaceful night's sleep...

Here we go, number ten, stepping down feeling more relaxed...

Number nine, stepping down calmly drifting into a restful night's sleep...

Number eight, stepping down feeling more relaxed and sleepier...

Number seven, stepping down feeling more relaxed and sleepier...

Number six, stepping down feeling more relaxed and sleepier...

Number five, stepping down feeling more relaxed and sleepier...

Number four, stepping down feeling more relaxed and sleepier...

Number three, stepping down feeling more and more relaxed and sleepier...

Number two, stepping down feeling more and more relaxed and sleepier...

Number one, stepping down feeling more and more relaxed and sleepier.

(Start talking very softly now)

You're becoming a confident sleeper as you drift off feeling at peace and calm.

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You are a sound sleeper, and you think of yourself as a good sleeper.

You will hear a countdown from five to one. This time, imagine every number helps you feel twice as relaxed and twice as sleepy.

Number five feeling twice as sleepy.

Number four feeling twice as sleepy.

Number three feeling twice as sleepy.

Number two feeling twice as sleepy.

Number one feeling twice as sleepy

You feel so good, and you are a good sleeper, you are a confident sleeper.

You love to sleep. You enjoy sleeping. You are a good sleeper. You take care of your health.

You make healthy choices for yourself.

You enjoy feeling more confident about yourself and about life; you keep a positive attitude about yourself, as you drift into a safe deep sleep. You enjoy sleeping like this, so deeply relaxed and so peaceful. You focus on positive expectations for yourself. You understand everything is unfolding as it should. You're feeling the acceptance of life. You enjoy feeling confident with yourself and your life. You enjoy life's simple pleasures. You appreciate yourself and others in your life more than ever.

You enjoy sleeping like this, so deeply, so relaxed, so peaceful.

(Speak very sleepier softly for this one) Feeling much sleepier, relaxed, and very good as you drift off into a very safe night's sleep.

Good night. Good night. Good night. Good night.