

SOUND SLEEP PROGRAMMING

(Affirmations to help reprogramme your mind for sound sleep;
backing track- “feel calm and sleep deeply”; playing time: 32:36)

Sleep soundly and feel more energised and refreshed during the day.

1. I always feel rested and revitalised when I wake up
2. I always get myself to bed before falling asleep anywhere else
3. I always have good quality sleep
4. I always sleep right through the night
5. I am always productive and organised because I sleep soundly
6. I am calm and at ease
7. I wake up and have enough time to do what I need to do
8. I am drifting into sleep naturally
9. Any abnormal sleep cycle is now broken
10. I feel sleepy before going to bed
11. I go to bed and fall asleep naturally at a regular time of my choice
12. I feel fully awake and focused every day
13. I always get a full nights sleep
14. My mind and body naturally relax before I go to sleep
15. I am energised and revitalised from my sleep
16. I drift into blissful carefree sleep, leaving each day behind
17. I sleep deeply and peacefully
18. My subconscious mind is establishing healthy and regular sleeping patterns
19. Sleep is good and I sleep effortlessly
20. I sleep soundly knowing my subconscious will wake me up on time
21. I wake up feeling refreshed and ready to face anything during the day
22. My mind is calm when I go to bed
23. I enjoy simply resting in bed when I am not sleeping
24. My mind calms and relaxes me
25. My mind knows when it is time to sleep
26. My subconscious mind always does what is best for me
27. My thoughts are slowing down
28. My body is relaxing
29. My body and mind remain completely relaxed whilst I sleep
30. I am falling to sleep
31. I trust I have all that I need to handle tomorrow
32. I feel sleepy when I get into bed