

Insomnia

By Rene Bastarache, CI

Induction

Relax your body now and just let it sink into the chair... arms by your side... letting yourself go... I would like you to take three lovely deep breaths now, in through the nose... and out through the mouth... and on the third breath hold it for the count of three and exhale... excellent... breathing normally now... Today we are going to have some fun with your imagination... As you may already realise, your imagination is your most powerful sense... so it is the best one to use to help you get a great night's sleep... every night...

Today you are going to use your imagination to imagine that you are the world's greatest sleep expert... you have won many awards... imagine yourself now, looking across the living room in your home and admiring all of your sleep expert awards... there they are... all shiny with your name engraved on them... you are truly the world's best at falling asleep...

You have a secret technique to falling asleep and getting a wonderful and refreshing night's sleep... you are going to use it right now... it works every time... for, in your imagination, it is time for you to get some much needed sleep... time for bed... and a beautiful deep sleep...

See yourself now in your imagination... it is time for bed... time to use your secret technique... it is the same time that you go to bed every night... always the same... see yourself now as you get out of your chair... whole body relaxed and ready to sleep... you switch off your TV... your mind is relaxed... the top of your head relaxes... your scalp... your ears... you switch off the living room light... your whole face is relaxed... all the muscles in your face just let go... and relax... all tension gone...

Moving to the kitchen you check that everything has been switched off... all worries gone as your neck and shoulders let go and relax... feeling so relaxed and ready for sleep... all the muscles in your upper and lower back relax... all tension gone... you check that the backdoor is locked... all is quiet now... your breathing has slowed... As you check the front door... safe and secure... you allow your chest to relax... all your tummy muscles release and relax... you switch the hall and kitchen lights off... and, at last, head towards the bedroom... your arms now heavy and loose at your side... your hands let go...

See yourself now as you check your alarm... all taken care of for the morning... as you change into your sleep attire ready to hop into bed... and now you let your hips relax and let go completely as you sit on the side of the bed... so sleepy and ready for

bed... as you swing your legs between the sheets... and allow your thighs and calves to relax at last... letting your body sink into the bed... feeling your feet relax... and finally letting your toes relax... calm and relaxed all over...

Deepener

Now that you are in your bed ready for sleep it is time to read your favorite book... it is a special book that you use every night to fall deeply asleep... totally relaxed and calm... seeing yourself in your imagination... you pick your book up from the bedside table and open the first page... you always read a few pages from this very special book... and always a sleepy word appears on each page... and as you read this sleepy word on each page you will relax more and more... page by page... word by word... deeper and deeper...

Drifting... drifting deeper and deeper into a very relaxed state...

Relaxation... body and mind drifting into a state of complete relaxation and calm...

Peace... feeling at peace with yourself and all of life...

Release... you release all of the tension and worries from your body and mind leaving yourself sleepy, relaxed and calm...

Restful... it is very restful as you relax more and more...

Perfect... letting go is perfect... you now allow yourself to let go... perfectly...

Dreamy... feeling dreamy as you sink deeper and deeper down...

As you turn each page from now on, the words you see will cause you to relax ten times deeper than the word before... ten times deeper... deeper and deeper...

Comfortable... you are very comfortable, calm and relaxed...

Sanctuary... your mind is your sanctuary where peace and relaxation are now being found as you move into a profoundly deep state of relaxation...

Healing... sleep is a time of healing... and as you sink deeper and deeper down... healing is now occurring throughout your body and mind...

You are now perfectly relaxed, calm and comfortable... you are in a dreamy state of mind... as you drift ever deeper and deeper down... you feel very comfortable about releasing yourself... letting yourself go... so restful... you are at peace... releasing yourself into your own healing sanctuary...

The Script

From this moment on all that you will pay attention to... is the sound of my voice... all you will hear... is my voice... every other sound will fade away... if you do hear any sound it will only cause you to relax more and more... you will allow every word that I say to you to become the new you... as you go to bed each night from now on you will automatically remember my words and you will fall into a deep and restful sleep... my words are like a dream... a perfect dream that you will remember and act upon for ever...

Letting go is easy... your body relaxes naturally at the end of each day... so easy for you, as you relax at bed time every night... you always just let yourself go and relax... you are willing to release all resistance... as you go to bed each night you release the past... you forgive and you forget... you calmly let the day's affairs drift away... recede into the past... you embrace sleep... sleep is your best friend and helper... you give yourself permission to sleep...

Each day you feel more positive about going to bed and getting a great night's sleep... you believe in your ability to sleep easily, deeply and restfully... you love the thought that your body is healing itself as you sleep each night... automatically restoring, healing and repairing... so comfortably... so safe and secure... your bedroom is a sanctuary for sleep... as you go to bed each night you automatically release all unnecessary stress and anxiety and you allow your body and mind to relax into a comfortable state of being... you allow your mind to release all negative emotions... you make room for rest...

You feel good about sleep and you know that you deserve a good night's rest... you are worry free and sleep comes naturally to you... At night time your thoughts are filled with positivity... you enjoy sleeping and look forward to resting whenever you can... you can have as much sleep as you want... you make ample time available for a lovely, deep and long sleep every night... you are confident in your ability to sleep...

You are happy and grateful to experience the joy of sleep... you love surrendering to your dreams... your dreams are always uplifting... nothing disturbs your slumber... you let go of all fear... as you lie down each night serenity and tranquillity flows through your body and mind... you are at peace with and within yourself... you are fully protected and safe and only goodness surrounds you... whenever you think of going to bed you feel happy, and you look forward to sleeping... knowing that all is well... and that you will sleep successfully...

You sleep all night through and always wake refreshed, rejuvenated and happy each morning... your wonderful ability to sleep at night is perfect and normal, natural and beautiful... you sleep deeply and restfully every night... sleeping deeply is normal for you... you awake bright, cheerful, feeling well and abundant... filled with optimism and positive well-being every morning...

The Awakening

It has been a beautiful and restful sleep that you have just had. You will soon awake feeling wonderful and refreshed. Another successful night for a sleeping champion... From this time forward you will always fall asleep with ease every night as you place your head upon your pillow... surrendering to sleep... sleep will always come to you naturally and easily...

In just a moment I will count to five... and on the count of five you will wake full of energy and enthusiasm for life...

1... calm and relaxed...

2... energy coursing through your veins...

3... ready to stir...

4... eyes beginning to open...

5... eyes wide open... wide awake... and feeling great.