

## **Sleep Oasis**

### **NLP Script for Restful Sleep**

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#### **How to Use this Scrip:**

This NLP script is typically applied in a fully conscious state with the eyes usually closed but not required. It is important to note that it does not require inducing an altered state of consciousness. Instead, it is designed to be utilized while the client is awake and aware. (Beta & Alpha States)

**NOTE:** This script offers an alternative approach to improving the quality of your sleep through guided visualization, progressive relaxation, positive affirmations, and anchoring. Embrace the tranquil journey of this script as you connect with your inner state of calmness, release the day's worries, and set powerful intentions for a rejuvenating night's sleep.

#### **SCRIPT STARTS HERE:**

##### *Progressive Relaxation:*

Take a deep breath in, and as you exhale, allow your body to release any tension or tightness... Bring your attention to your toes, and imagine a wave of relaxation washing over them... Feel the muscles in your toes becoming loose and relaxed... Gradually move your attention up through your body, releasing tension in your feet, ankles, calves, and so on, all the way up to the top of your head... With each breath, feel a sense of deep relaxation spreading throughout your body...

##### *Guided Visualization:*

Imagine yourself in a tranquil and serene location of your choice... It could be a peaceful beach, a serene forest, or a cozy cabin by a gentle stream. Picture yourself in this beautiful setting, taking in the sights, sounds, and

scents around you... Feel a sense of tranquility and peace wash over you as you connect with the soothing atmosphere of this place...

### *Positive Affirmations:*

Repeat positive affirmations silently to yourself to promote a restful and rejuvenating sleep... Affirmations such as "I easily drift into deep and peaceful sleep," "My mind and body relax, allowing sleep to come naturally," or "I wake up feeling refreshed and energized" can help program your subconscious mind for a restful night's sleep... Repeat these affirmations several times, allowing their positive energy to permeate your being...

### *Setting an Intention:*

Set a clear intention for your sleep experience... Visualize yourself entering a state of deep relaxation and surrender, allowing your body and mind to fully recharge and replenish during sleep... Envision waking up in the morning feeling refreshed, rejuvenated, and ready to embrace the day ahead... Allow this intention to guide your mind and body towards a restful sleep.

### *Letting Go:*

Release any thoughts, worries, or stresses from the day... Visualize them as clouds drifting away, leaving behind a clear and serene sky... Allow your mind to become quiet and still, gently guiding your attention away from any racing thoughts or mental chatter... Embrace the peace and tranquility within...

### *Transitioning to Sleep:*

As you feel a sense of deep relaxation and tranquility, allow yourself to surrender to sleep... Release any effort or control, and trust that your body knows how to fall asleep naturally... Embrace the sensation of sinking deeper into the bed, as if floating on a cloud of comfort and serenity...

This Script is from: Hypnotic Yellow Book #11 – NLP Guidebook for Health

Allow sleep to gently embrace you, knowing that you are safe, supported,  
and ready for a restful night's sleep...