



Sleep Sanctuary

Invite deep, restorative rest

Welcome to your Sleep Sanctuary. This guided wind-down script is designed to help you release the tension of the day and prepare your mind and body for a night of deep, restorative sleep. Find a comfortable position, either lying down or sitting up, and allow yourself to be guided by the sound of my voice.

Body Scan & Release

Begin by bringing your awareness to your physical body. Notice any areas of tension or discomfort.

- **Starting with your toes:** Gently wiggle them and then relax, releasing any tension you might be holding there.
- **Move your awareness up to your feet:** Notice the feeling of your feet against the surface beneath them. Relax your ankles and release any tightness in your calves.
- **Continue up to your knees and thighs:** Allow them to soften and release. Feel the weight of your legs supported by the surface beneath you.
- **Shift your focus to your hips and pelvis:** Gently rock them from side to side and then settle into a comfortable, relaxed position.
- **Bring your attention to your abdomen and chest:** Notice the gentle rise and fall of your breath. With each exhale, release any tension you might be holding in these areas.
- **Relax your shoulders:** Let them drop away from your ears, releasing any tightness in your neck and upper back.
- **Move your awareness down your arms:** Relax your elbows, wrists, and hands. Gently clench your fists and then release, letting your fingers soften.
- **Finally, bring your attention to your face:** Relax your jaw, unclench your teeth, and soften your forehead. Allow your eyes to close gently.

Breath Awareness

Now, let's focus on your breath. You don't need to change anything, just observe the natural rhythm of your breathing.

Notice the sensation of the air entering your nostrils, traveling down into your lungs, and then gently exiting your body. With each inhale, imagine you are breathing in peace and calmness. With each exhale, imagine you are releasing any remaining tension or stress.

Visualisation

Imagine yourself in a peaceful and serene place. It could be a beach, a forest, a mountaintop, or any place that brings you a sense of calm and tranquility.

- **Engage your senses:** What do you see? What do you hear? What do you smell? What do you feel?
- **Allow yourself to fully immerse yourself in this peaceful environment.** Feel the warmth of the sun on your skin, the gentle breeze on your face, or the soft earth beneath your feet. Know that you are safe, secure, and supported.
- **Imagine all of the day's stress melting away:** Like an ice cube in the sun. See it running away as water, and know that it is not yours to carry.

Affirmations

Repeat these affirmations to yourself, either silently or aloud:

- "I am safe and secure."
- "I am relaxed and at peace."
- "I release all tension and stress."
- "I am ready for a restful night's sleep."
- "I deserve to wake up feeling refreshed and rejuvenated."

Drifting Off

Continue to focus on your breath, and allow yourself to drift deeper and deeper into relaxation. With each inhale, feel your body becoming heavier and more relaxed. With each exhale, feel your mind becoming quieter and more still. If thoughts arise, simply acknowledge them and let them pass without judgment. Allow yourself to be carried away by the gentle waves of relaxation, drifting into a peaceful and restorative sleep. Sweet dreams.

Summary

This sleep sanctuary script guided you through a process of releasing tension through a body scan, focusing on breath awareness, visualizing a peaceful environment, and repeating positive affirmations. By consistently practicing this routine, you can cultivate a deeper sense of relaxation and improve the quality of your sleep.