

Insomnia - Sleep Easy Mp3

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A beautiful script encouraging a gentle physical and emotional relaxation, followed by a calm restful night's sleep. It's amazing the difference a good night's sleep can make to the way you feel and act during the following day. When you don't sleep well, or worse, don't sleep at all, you can be irritable and depressed, your stress levels rise more quickly and your family, friends and colleagues often bear the brunt of it, sometimes leaving you feeling guilty as a result of that. But on the flip side, when you get a good night's sleep, you can wake up looking forward to the day ahead. Every challenge and task throughout the day seems somehow more manageable, your temper is better and your stress levels lowered. Your creativity and focus are enhanced every aspect of your day is improved. The important question is, how do I get a good night's sleep? Before you settle down to listen to the MP3, do this exercise: take a pen and a pad of paper and write down everything that is going around your mind. Look at the list and say to yourself, I'll deal with it all in the morning. This MP3 is a beautiful way to drift off to sleep, encouraging a gentle physical and emotional relaxation, followed by a calm, restful night's sleep. Listen to music scripted at the same pace as a resting heart to produce the ultimate state of tranquillity, along with soothing words encouraging peaceful sleep. The recording is not just designed to assist people go to sleep, but also to stay asleep and awake refreshed and alert ready for the new day. When you wake up in the morning, take five deep invigorating breaths and stretch luxuriously with a large smile on your face. It's only a small change that is needed to make a big difference. Every recording is made to a high standard using professional sound equipment. The voice you will hear is that of hypnotherapist Christine Hines, who is also trained in classical voice production. The music we use on each recording is especially scripted at 60 beats per minutes to ensure deep relaxation. This will generate what is commonly referred to as the 'Mozart effect' of easy focus and complete calm. Please do not listen to the MP3 while driving or operating heavy machinery.

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