

# **Sleep Deeply**

**Awake Refreshed and  
Rejuvenated**

[mindpersuasion.com](http://mindpersuasion.com)

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you are falling asleep quickly and enjoying a deep and peaceful sleep.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are sleeping more deeply and falling asleep more quickly. Keep a dream a journal to record any insights.

Please visit our forum to share your successes, or to ask any questions:

[mindpersuasion.net](http://mindpersuasion.net)

# **Affirmations**

I sleep deeply

I sleep comfortably

I sleep restfully

I fall asleep quickly

I fall asleep easily

I fall asleep naturally

I fall asleep rapidly

I wake up easily

I wake up refreshed

I wake up energized

I wake up rejuvenated

I wake up excited

I wake up with a positive expectation

I wake up with positive energy

I wake up when I want

I wake up ready

I wake up rested

I feel energy throughout the day

I feel energy as I need it

my sleep is perfect

my sleep is ideal

my sleep is natural

my sleep is deep

my sleep is restful

I have wonderful dreams

I have positive dreams

I have meaningful dreams

You sleep deeply

You sleep comfortably

You sleep restfully

You fall asleep quickly

You fall asleep easily

You fall asleep naturally

You fall asleep rapidly

You wake up easily

You wake up refreshed

You wake up energized

You wake up rejuvenated

You wake up excited

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