Stop Snoring

Sleep Soundly and Peacefully

mindpersuasion.com
Instructions

Listen with headphones and eyes closed. Visualize any situation where you are sleeping quietly and restfully. See yourself from many different perspectives.

Tips for Success

Keep a daily journal and record any objective evidence that you are sleeping better. Write down any positive comments others make.

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

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Affirmations

I release snoring

I sleep quietly

I sleep soundly

I sleep deeply

my breath is clean

my breath is clear

my air passages are open while I sleep

my air passages are quiet when I sleep

my nostrils are clear

my nostrils are open

I sleep quietly

I sleep deeply

I sleep restfully

I sleep with quiet breath

my airways are open when I sleep

my airways are clear when I sleep
my airways are healthy when I sleep
I breathe clearly when I sleep
I breathe quietly when I sleep
I breathe healthily when I sleep
my sleeping breath is quiet
my sleeping breath is calm
my sleeping breath is relaxed
my sleeping breath is silent
my sleeping breath is healthy
my airways are open when sleeping
my airways are unobstructed when sleeping
my airways are wide when sleeping
I breathe easily while sleeping
I breathe quietly while sleeping
I breathe naturally while sleeping
people enjoy sleeping near me
people enjoy sleeping next to me
my room is always quiet when I sleep
You release snoring
You sleep quietly
You sleep soundly
You sleep deeply
your breath is clean
your breath is clear
your air passages are open while You sleep
your air passages are quiet when You sleep
your nostrils are clear
your nostrils are open
You sleep quietly
You sleep deeply
You sleep restfully
You sleep with quiet breath
your airways are open when You sleep
your airways are clear when You sleep
your airways are healthy when You sleep
You breathe clearly when You sleep
You breathe quietly when You sleep
You breathe healthily when You sleep
your sleeping breath is quiet
your sleeping breath is calm
your sleeping breath is relaxed
your sleeping breath is silent
your sleeping breath is healthy
your airways are open when sleeping
your airways are unobstructed when sleeping
your airways are wide when sleeping
You breathe easily while sleeping
You breathe quietly while sleeping
You breathe naturally while sleeping
people enjoy sleeping near you
people enjoy sleeping next to you
your room is always quiet when You sleep