

# **Stop Snoring**

**Sleep Soundly and Peacefully**

[mindpersuasion.com](http://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:

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

# **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

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You breathe easily while sleeping

You breathe quietly while sleeping

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people enjoy sleeping near you

people enjoy sleeping next to you

your room is always quiet when You sleep