# self hypnosis for sleep as solution for insomnia and for waking up in the middle of the night with insomniaSelf-Hypnosis for Sleep

Follow this technique to get to sleep and stay asleep.

You can additionally try talking this exercise through to yourself, in your mind, in a sleepy soporific voice, as you go through it.

**Step 1 Relax your breath**

1. Close your eyes
2. Close your mouth and breathe slowly through your nose
3. Imagine breathing in calm.
4. Imagine breathing out tension.
5. Repeat 10 times by counting (in your mind) at the end of each out breath.

**Step 2 Relax your body**

1. Imagine a dot of relaxation on the top of your head. What does it feel like?
2. Taking your time, allow the dot to grow and relaxation spread all the way down the back of your head and down through every muscle of your body and out through your toes.

**Step 3 Visualize a safe relaxing place**

1. Notice what you see, hear, smell and touch in this safe place.



**Step 4 Visualization of Deep Sleep**

1. Imagine a mirror appearing
2. In the mirror is the most comfortable bed you have ever seen and you are sound asleep in the bed. Notice everything about the scene; colours, smells, sounds



1. Now step into the mirror and step into you asleep and sink deeper and deeper into sleep and imagine remaining fast asleep all night.
2. You may drift off to sleep, or if you want start again from 1.