



Breathe To Slow Down (Free Sleep Meditation Script)

Welcome, allow me to guide you into a very restful relaxation so that you can get the sleep that you deserve...

Find yourself cozy in your bed or somewhere you can easily fall asleep ... In this session, you will become so very relaxed that none of the outside world's concerns will matter to you ... Opening your eyes, give one last look at your surroundings, this is what you will see when you rise from your rest... and allow your eyes to gently close...

Start by taking a nice deep breath, expanding your body as much as you can ... then exhale any tension ...

Breathe in again fully ... breathe out any worries or concerns ...

Now, I'd like for you to bring your focus to the soles of your feet ... notice how relaxed your feet are right now ... they don't have to take you anywhere so they can fully let go...

Imagine that when you breathe in, you can breathe in through the bottoms of your feet all the way to the very top of your head ...

Breathe out letting go and melting into the mattress...

Breathe in again, imagining you are breathing relaxation in through the feet, traveling all the way up the body to the crown...

And relax the breath... Allow it to flow at a natural rhythm... follow along with the breath as if you are watching the ocean waves crashing on the sand...

You have no control over the coming and going of the waves, you just enjoy the motion and sound...

Listen to your breath, like the whisper of the waves...

In and out... In and out...

Relaxing... letting go... enjoying this moment of complete serenity...

Now, become aware of your thoughts... coming and going through your mind... they are similar to the breeze on the beach... stimulating the mind from time to time... yet gentle and ever-moving through your awareness...

Let your thoughts be like the wind... blowing by...



Feel them come and see them go...

Each thought you have allows you to become even more calm and relaxed because you simply watch as it passes by...

A gentle calmness comes along with each breath... feel your body slowing down, preparing for sleep...

The breath becomes steady... my words are very soothing... the thoughts are coming and going, just as they always do...

Imagine that ocean once again... see the beauty in its blueness... feel the power of deep relaxation it is bringing you just by watching it...

The waves are gurgling on the shore... making white foamy bubbles each time they break on the sand...

Allow yourself to become aware of the pillow supporting your head... feel its softness... the texture of the pillowcase is guiding you to sleep...

You are ready to drift off into a restful slumber...

The rhythm of your body is slowing down to the perfect pace...

Even each thought that slowly comes and goes is relaxing...

Feel that you can fully let go of the day you just experienced...

Feel that you can fully let go of the expectation of tomorrow...

All you need to do is rest... rejuvenate... relax...

You don't have anything else to do right now...

Sinking deeper into relaxation...

Slowing down...

Become aware of the soles of your feet once more... breathe in that soothing comfort...

So very calm...

So very peaceful...

Sleeping is very close now...

It is so easy to let go...

It is so easy to sleep...



Remembering the gentle hush of the breath... just like the whispering of the waves...

Relaxed and sleepy...

Your body is so calm and still...

Allow my voice to fade...

Giving into sleep... let it take you away...