

Sleep Suggestions

I easily go to sleep at the time I choose.

I sleep well at bedtime and awaken refreshed in the morning at _____ o'clock.

I choose to wake refreshed from my deep and restful sleep.

I am grateful for my growing ability for restful sleep.

Any sounds around me at night take me deeper into sleep.

If I wake at night, I return to sleep quickly and easily.

My legs remain comfortably heavy, relaxed and quiet throughout the night.

It is safe for me to sleep deeply every night.

Deep sleep restores my immune system into health.

Deep sleep is good for my body.

My breathing is regular, consistent and quiet while I sleep.

Even in the deepest sleep, I have an even, steady flow of oxygen.

I choose calming thoughts as I drift off to sleep.

I *STOP, Release and Replace* any negative thoughts with positive thoughts and feelings.

When I sleep, my thoughts are calm and I am serene.

I deserve restful and peaceful sleep each and every night.

Both my body and mind relax as I settle into sleep at night.

I choose to be calm and relaxed in both my body and mind during my sleep.

As I lie down in bed, my mind relaxes, my body relaxes and I am calm.

I always wake rested, relaxed and renewed.

I take time for hypnosis / relaxation / meditation / prayer daily.

© Shawn Gallagher, 2024, BA, BCH

416.255.8333

www.shawngallagher.com

Every day and in every way I am getting better and better.

Every day and in every way I love and accept myself more and more.

It is safe now to be me.

I choose positive sleep thoughts and feelings.

I choose to feel good.

I love and accept myself just as I am.

I choose to love my body.

I choose a calm and optimistic outlook.

I am peaceful, balanced and in harmony with the universe no matter what happens.

My mind is calm and I have inner courage.

I am talented, intelligent and creative.

Every day and in every way I become more conscious of my inner strengths.

I now continue to create my inner peace.

My peaceful choices bring me joy.

I am at peace with myself, the world and everyone in it.

I deserve to be happy, successful and well-rested.

I am kind and loving and I have a great deal to share with others.

It is safe for me to totally release the past with love and understanding.

I release the old and I welcome the new.

I surround myself love and joy.

It is safe for me to forgive myself and express my feelings freely.

My subconscious mind guides me to make good, helpful and healthful decisions.

I am relaxed and confident in all situations.

© Shawn Gallagher, 2024, BA, BCH

416.255.8333

www.shawngallagher.com

I give myself permission to be myself...to laugh, giggle, run, dance and cry.

I am willing to change.

I release old outdated ways of behaving and thought.

I always have choices.

Every day I set reasonable goals for myself that are easy to attain.

I do what is needed to improve my health.

Everything I need for success is in my subconscious.

I find innovative and creative solutions for any challenges in my life.

I feed myself the healthiest foods and the most positive thoughts.

Every time I repeat my anchor [i.e. thumb to finger] my body relaxes and I am calm.

I am responsible for my own health and happiness.

Every night my body regenerates, heals and balances.

I exhale any of the stresses of my day.

I surround myself with a protective shield that absorbs only positive loving energy.