

15- Minute Hypnosis Script for Better Sleep

Narration Guide:

- Words in *italic* font are meant to be emphasized for full NLP effect
- Words in [Brackets] are not intended for narration
- For each new paragraph a 2-5 second pause is recommended
- [Pause] = 5 to 10 seconds
- [Moderate Pause] = 10 to 20 seconds
- [Long Pause] = 20 seconds+
- Each "." Period represents one second

[Introduction]

Welcome to a place of tranquility and peace.

Here, you can surrender to the weightless embrace of relaxation and drift away into the realm of dreams... No longer will you be plagued by racing thoughts or restlessness. Instead, you will feel the gentle embrace of peace and comfort as you drift away into a blissful state of sleep.

Your hypnotic journey begins now.

When you have prepared yourself for bed, gently close your eyes and feel the soothing embrace of relaxation as it *envelops* you...Softly and gently, allow the worries and anxieties of the day to drift *away*, leaving you with a *deep* sense of *calm and contentment*.

[Pause]

[Breath Induction]

Allow yourself to be guided by my voice and led by your breath... Observing the sensations arising within your body as you inhale.... And exhale.

[Pause]

Notice any thoughts, feelings, or images that may arise, and simply acknowledge them before letting them drift away on the next out-breath.

[Pause]

As you continue to breathe in and out, you may find yourself becoming more and more relaxed, surrendering to the *calming* rhythm of your breathing... And enjoying this moment of peace and tranquility.

[Pause]

Let go of *all* the worries of the day, and the pressures of the future....Finding it natural and easy to center yourself in this present moment.

[Pause]

As your breath flows in and out, feel the air around you, and how its gentle embrace can help you to relax.

Release the weight of the world and surrender yourself to the here and now.

[Moderate Pause]

[Progressive Muscle Relaxation]

Bring your awareness to your body now and become aware of *any* tightness or discomfort.

[Pause]

As you take a deep breath, allow yourself to be *soothed and relaxed* by a *beautiful, healing* light that your subconscious mind effortlessly creates for you now...

Feel the tension slowly subsiding and washing *away* as the light envelops your body with its *gentle, soothing* touch.

Let yourself *drift away* into the perpetual clouds of your inner reality, as the light continues to bring a sense of peace and tranquility to your soul.

[Pause]

Now, you *may* perceive the sensation of this healing light *slowly* moving from the top of your head, and *gently cascading down* your scalp and face.

You may find yourself allowing it to permeate *every* cell of your body, bringing a warmth and calmness over you and allowing you to feel *fully relaxed and content*.

[Pause]

Succumb to a tranquil wave of relaxation and serenity, granting you the grace of a deep and restorative slumber.

[Moderate Pause]

[Reinforcement]

And *every time* you lay your head down for sleep, you can *easily* drift into a *deep* and *peaceful* hypnotic trance, allowing you to experience a *renewed* sense of peace and relaxation.

[Moderate or Long Pause]

And for the rest of this recording, you can continue to allow your body to feeling soothed and your mind to be tranquil, as a comforting wave of sleep washes over you.

Allowing yourself to sink into a blissful slumber.

And even if you'd like to repeat this session, or find yourself becoming roused throughout the night, *that's entirely okay*, because as *soon* as you close your eyes again, you can use the *limitless* power of your mind to *fall back* into a deep state of *rest and relaxation*.

[Play music for remainder of the recording]