

Treating Chronic Insomnia

[Induction Phase]

Let your eyes close gently... and allow your body to begin the transition from doing... to simply being...

Feel the weight of your head against the pillow... letting go of any need to hold yourself up...

Take a slow, deep breath in...

and as you exhale, let a wave of soft relaxation flow down to your toes...

There is nothing you need to accomplish right now... no problems to solve... no schedule to keep...

With every breath out, the room around you becomes quieter... and your mind becomes a little more still...

[Deepening Phase]

As you rest here, notice how your breathing settles into its own natural, effortless rhythm... slow and steady...

With every gentle exhalation, you are stepping down a pathway of deeper comfort... down into quiet sanctuary...

Imagine a soft, warm blanket of peace gently settling over your shoulders...

smoothing away the tension of the day...

Your mind begins to drift... letting go of thoughts like autumn leaves floating down a slow-moving river...

Deepening now... feeling twice as relaxed as you were just a moment ago... perfectly supported... perfectly safe...

[Guided Imagery for Treating Chronic Insomnia]

A cool, gentle breeze brushes against the skin of your face... refreshing and perfectly mild...

This soothing air leads your awareness outward...

revealing that you are sitting comfortably on a soft, grassy bank beside a vast, still lake...

The surface of the water is as smooth as glass... reflecting the quiet, velvety twilight sky above...

In the distance, gentle ripples rise and dissolve entirely on their own...

without any effort from the deep, quiet water...

You realize the lake does not try to be calm... it simply rests, and stillness finds it naturally...

Let yourself rest here by the shore... watching the soft colors fade into night...

letting go of all effort...

[Positive Suggestions for Treating Chronic Insomnia]

For a long time, your bed may have felt like a place of effort...

a place of trying so hard to sleep...

But sleep is not a goal to be chased...

it is a natural state that arrives when you stop chasing it...

You can release the struggle now... letting go of the need to make sleep happen...

Your bed is returning to its true nature... a simple haven of rest... a place of comfort...

When you stop trying, you create the space for sleep to find you... easily... naturally... without effort...

You are safe to just lie here and enjoy the comfort... knowing that resting is always enough...

[Affirmations for Treating Chronic Insomnia]

Let these gentle truths echo softly within your quiet mind, planting seeds of effortless rest:

"I release the need to try, and let sleep find me naturally."

"My bed is a safe haven of effortless comfort and rest."

"I trust my body's natural wisdom to rest when it is ready."

"I let go of the day, allowing peace to fill my mind."

"Rest is enough, and sleep will come in its own perfect time."

[Integration and Empowerment]

These suggestions are now taking deep root in your subconscious mind... reshaping your relationship with the night...

Every time you lie down, you will remember that sleep is an effortless invitation...

not a chore to perform...

You can trust the natural rhythm of your body... allowing yourself to simply float into slumber when ready...

Feel the deep relief of knowing you no longer have to try... you are free to just be...

[Reawakening Phase]

Please remember that this practice supports but does not replace medical care, and any new or changing symptoms should always be checked by a doctor.

Now, prepare to bring this peaceful, effortless state back with you into your waking life...

One... slowly bringing your awareness back to the physical room around you...

Two... feeling a light, refreshing energy beginning to stir in your fingers and toes...

Three... taking a gentle, deep breath, feeling clear and wonderfully relaxed...

Four... letting your mind feel bright, refreshed, and completely at peace...

Five... eyes opening gently, fully present, alert, and carrying this deep calm forward with you.