

Deep Sleep Meditation

author: Richard Harris

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Synopsis

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inLanguage	english

This meditation session is meant to help you get that deep, restful sleep that reinvigorates your body - giving you the energy you need to get through any day. It is about 12 minutes long and is a part of the Beach Hypnosis and Meditation Series.

The beach is the most effective place to induce a mindful and relaxed state of mind. Research has indicated the sound of water has a calming effect on the brain, leading to increased mindfulness, deep relaxation, and a feeling of being one with the universe. These healing properties occur even when just the sound of water is present.

This audiobook includes seven different ocean and beach soundtracks to help diversify your sessions. You can listen to a different version each day of the week or as often as you prefer. Each beach setting is designed to help you relax and increase the effectiveness of your session.

This audiobook includes the following seven beach settings:

1. Serenity on the Beach
2. Lakefront Home Private Shore
3. Quiet Reflection on the Beach
4. Gulf of Mexico Ocean Waves
5. Crashing Waves on Cliff
6. Ambient Oasis
7. Ocean Waves Crashing on Rocks

Tossing and turning is no way to spend your night. If you have trouble falling asleep, take matters into your own hands and supercharge your sleep session with this deep sleep meditation. It is recommended that you listen to this session on a low volume before bed and continue to use it as needed.

Reader's comments

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