

Deep Sleep, Total Relaxation for a Sound Night's Sleep

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Synopsis

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inLanguagei¼š	english

This *Deep Sleep, Total Relaxation* sleep learning script was designed to assist the listener in gaining and maintaining a deeply relaxed state of mind through suggestions related to deep relaxation, releasing worries, and confident empowerment.

Some say that we are the sum total of what we surround ourselves with. For example:

- What we choose to watch on television
- What we listen to on the radio
- Who we choose to surround ourselves with
- The thoughts we think

All of the above affect our overall perceptions and thought patterns. Just like the foods we eat create our bodies over time, our thoughts shape who we are and ultimately what types of situations we manifest in our lives.

Sleep learning can benefit listeners in powerful ways. The mind stays active even while we are sleeping. For example, a mother may sleep soundly through thunderstorms and barking dogs, yet the sounds of her baby stirring in the next room will often awaken her instantly. Why not use this time (while you are asleep) to realize your potential?

In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment such as solfeggio tones, isochronic tones, bilateral stimulation, and white noise. Listening at a very low volume is ideal and won't diminish your results.

Narrated by Anna Thompson, MA, MHP, LMHC, advanced clinical hypnotherapist.

Accomplish your goals and create the life you've always wanted starting today.

Reader's comments

comment 1:

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