

# osis 8 Hour Sleep Cycle with Exercise Motivation Bo

*author: Joel Thielke*

---

2026-06

## Synopsis

---

authori¼š	Joel Thielke
readByi¼š	Joel Thielke
inLanguagei¼š	english

Pump up your energy and get motivated! Lose weight faster and actually enjoy being active.

The *8 Hour Sleep Cycle with Exercise Motivation Booster* is a powerful and incredible new program that works with your sleep cycle to relax and rejuvenate your body, and boost your motivation to be active and fit during your REM cycle.

Get the motivation and natural energy you need to lose weight and feel incredible with this incredible program.

Powerful benefits of this eight-hour sleep program include:

- Faster weight loss
- Increases natural energy from morning to evening
- Clearer mind and focus
- Motivation to stay active and exercise
- Enjoy being active
- Deep, restful sleep through the night
- Increased confidence
- Wake in the morning feeling rejuvenated and energized

Just start listening to this eight-hour program when you're ready for bed, and get comfortable to fall asleep. In the first two hours, you'll drift off to sleep with our Alpha Theta Deep Sleep Induction, which will relax your body and mind and prepare for rejuvenating REM sleep.

Then, approximately two hours into your program when your REM cycle starts, the Exercise Motivation boosting track will gently play, helping to naturally motivate and inspire you. You'll have more energy throughout your day, and we'll get rid of those old habits and help you get fit and lose weight faster.

The next four hours of the program contain subconscious deepening and anchoring points that work with your brain waves to keep you deeply relaxed, and help remove stress and old limiting beliefs about self-confidence and exercise. At the end of the program, we will bring you out of your deep sleep with a gentle wake ending count up and positive suggestions for a great day.

## Reader's comments

---

comment 1:

â€"â€" ()