

Sleep Meditation

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Synopsis

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inLanguage	english

The easiest way to rapidly improve your life is to get enough quality sleep. This one change can lead to an improved mood, enhanced metabolism, increased energy, and a better quality of life. This sleep meditation is intended to help you get quality, life-changing sleep. It is one small step you can take that can enhance your life by leaps and bounds. The meditation is 19 minutes long and is a part of the Beach Hypnosis and Meditation Series.

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

Quality sleep is an important part of a healthy lifestyle and can be the difference between having low energy or feeling energetic, alert, and ready for the day. This sleep meditation is intended to help you get deep, healing sleep. It can be listened to right before bed, or at a low volume during sleep.

Reader's comments

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