

Yoga Nidra for Sleep with Gentle Chimes

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Synopsis

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Yoga nidra is the practice of meditating upon falling asleep. This meditation is designed to support your relationship with sleep and rest. Learn how to fall asleep, get back to sleep more easily if you wake up, and enjoy a restful sleep and state of deep relaxation at night or during the day. Lie down in comfort and relax.

This meditation uses gentle chimes and sound awareness, contemplating the breath and noticing your body, to help you to settle into rest, find balance, and accept yourself just as you are, with no intention other than complete relaxation.

Reader's comments

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