

APPENDIX B

GUIDED MEDITATIONS TO HELP
YOU FALL (AND STAY) ASLEEP

To help you disengage from the stresses of the day and prepare your mind and body for sleep, here's a list of recommended guided meditations—as well as some soothing music and other relaxing audio guides.

First, here's a meditation created for *The Sleep Revolution*. You can also hear my sister, Agapi Stassinopoulos, reading it online at bit.ly/meditationforsleep (she sounds exactly like me!).

Settle into a comfortable position. Take in a deep breath and then, very gently and naturally, exhale and let go. Now take in another breath, and this time as you exhale, breathe away the day and any worries. Gently relax your jaw and take in another breath, this time exhaling away any concerns, upsets, and irritations. Just breathe them away.

Now relax more deeply and begin to breathe normally, observing the rising and falling of your breath. If a thought intrudes, just come back to your breath. Don't follow the thought, don't get caught up in the thought. Just return to your breathing—not forcing the breathing, just allowing it. It's as if you are being breathed. With each breath you take, you find yourself getting more and more relaxed, any tension dissolving away.

Be aware of the sensations in your back, your arms, your shoulders, your legs—all of them relaxing more deeply into the surface of your bed. No matter how relaxed you think you are, there is always a deeper place of relaxation.

As you continue to let go, you will find yourself relaxing more deeply with each inhale and exhale. In this state of relaxation, you are aware that the room you are in is filled with light. It's as if a pure white mist pervades

it. This light surrounds you and fills you, for your highest good. Feel the protection and the warmth of this mist around you and observe it as it changes color.

Right now you see this white mist turn to a beautiful red, which brings you balance.

Now this red gently turns to a vibrant orange that fills you with an inner strength.

Take in another deep breath as it now turns a bright yellow. Surrounded by this yellow mist, you let go, relax, and attune to your deeper self.

The mist now turns to a soft, natural, healing green. If any part of your body or your consciousness needs healing, let that part absorb this soft green healing color.

You find yourself relaxing even more deeply, smiling a very soft smile, for you know that all is well.

The green mist now turns to blue, signaling a spiritual attunement with your deeper self, the part of you that remains loving, peaceful, and joyful no matter what's going on. As this blue pervades the room and your consciousness, it strengthens the sense that all is well and everything is in its right and proper place.

Remain aware of the rising and falling of your breath as the mist gently turns to a rich purple that pervades the room, transmuting any negative thoughts and feelings. Be willing to release any disturbances into this purple and see them replaced by unconditional love.

Now the mist becomes a pure white light, comforting and relaxing you. You breathe in and out through your heart. You breathe in love, and you breathe out love. Continue to breathe this love in and out through your heart and feel this energy of peace and calm arc from your heart center into the center of your head. As you breathe in love and breathe out love, another arc begins to form from your heart into your belly, below your navel.

Your heart, your mind, and your whole body are now in harmony. All you need to do is follow the rising and falling of your breath, in and out, silently repeating the word “love” or “peace” or “joy”—whatever word works for you.

It's as if you've become a finely tuned instrument, and the sound you're playing is one of pure harmony. As you continue to breathe in and out of your heart, you are aware of a deep centeredness, a peace and serenity that go from your heart into infinity.

At this point there is only love, only harmony and peace. As you follow this love, harmony, and peace in and out of your heart, you are ready to relax into a deep, restful sleep where you regenerate and renew yourself.

Here are twelve other meditations compiled by our HuffPost senior health and science writer, Carolyn Gregoire. To avoid the temptations of having your smartphone by your bed, I recommend putting these meditations on an iPod. But if you're one of those strong enough to resist the texting and social-media temptations of your phone, there are four meditation apps at the end of the list.

1. Body-Scan Meditation from *Mindfulness: Finding Peace in a Frantic World* by Dr. Mark Williams and Dr. Danny Penmar

Allow yourself to move into a state of relaxation with a fourteen-minute body-scan meditation recommended for sleep.

This meditation guides you to gently focus on your breathing and then to redirect your attention from your overcrowded mind by releasing lingering tensions from the day.

Available for free download at www.franticworld.com.

2. "Tuck Me In: Relaxing Yourself to Sleep" by Martha Ringer

Martha Ringer, a productivity consultant, created this soothing eight-minute meditation to recapture the feeling of comfort and safety we felt as children being tucked in to bed.

Available for \$0.99 on Amazon.com, Google Play, and iTunes.

3. *Deep Calm* by Dr. Andrew Weil and Joshua Leeds

Deep Calm features psychoacoustically rearranged relaxing classical melodies from composers including Schubert, Chopin, and Beethoven, selected by holistic-health expert Dr. Andrew Weil and sound researcher Joshua Leeds. A change from nature noises and synthesizer soundscapes, it helps calm the mind and prepares the body for sleep.

Available starting at \$7.99 on Amazon.com, Google Play, iTunes, and Sounds True.

4. *Delta Sleep System* by Dr. Jeffrey Thompson

In two tranquil thirty-minute tracks, acoustics expert and composer Jeffrey Thompson will help prepare your mind for sleep. Sounds of wind, flowing water, and chimes are layered on tones designed to increase delta-brain-wave activity, which is associated with deep sleep.

Available starting at \$7.99 on Amazon.com, Google Play, iTunes, and Sounds True.

5. "Dying Each Day" Meditation by John-Roger

Invoking the traditional biblical idea that we are born and die each day, spiritual teacher John-Roger's "Dying Each Day" meditation guides you in finding stillness at the end of the day by letting go of your attachments. As you surrender your challenges and worries, you'll experience an expanded sense of peace and love—and deeper sleep.

Free download available from the Movement of Spiritual Inner Awareness online store. Go to bit.ly/dyingeachdaymeditation and use promo code 4HUFF1.

6. "Body Balance" Meditation by John-Roger

In this meditation, John-Roger guides you to release any tensions, pains, or stuck energy from the day through an exercise in progressive relaxation. Once your body is relaxed, you'll imagine yourself being transformed by a healing white light, which will help you drift off to sleep.

Free download available from the Movement of Spiritual Inner Awareness online store. Go to bit.ly/bodybalancemeditation and use promo code 4MS1A8.

7. *The Zen Effect* by Rolfe Kent

This album from the composer Rolfe Kent uses soothing sounds aimed at stilling the mind in each twenty- to thirty-minute track.

Available starting at \$5.49 on Amazon.com and iTunes.

8. *Majesty* by Aeolia

This series of four ten-minute meditative tracks from Aeolia is intended to lull you into a deep sleep with tranquil synthesizer music and choral voices.

Available starting at \$3.97 on Amazon.com, Google Play, and iTunes.

9. Sleep Meditations from Headspace

The popular meditation app Headspace, created by the mindfulness teacher and former Buddhist monk Andy Puddicombe, features a collection of thirty short meditations designed for promoting sleep, as well as two individual ten-minute sleep meditations. Guided by Puddicombe's soothing voice, you'll begin to quiet your racing thoughts, and prepare your mind for rest.

Available for free download from the Apple App Store and Google Play; \$7.99/month with a yearly subscription.

10. iSleep Easy: Meditations for Restful Sleep

Created by the founders of the popular podcast and website Meditation Oasis, iSleep Easy includes a collection of guided meditations, sleep playlists, and "wee hours rescue," which allows you to create a customized combination of voice-guided audio and relaxing background music. You may want to start with the short but sweet "Put Away the Day" meditation, which

guides you in putting your concerns into a container, where they'll be waiting for you the next day!

Available for download from the Apple App Store (\$4.99) and Google Play (\$2.99).

11. "Fade" and "Hello" from Buddhify

Designed to "turn down the senses" so that the mind can prepare for sleep, the meditation app Buddhify's "Fade" meditation leads you through a process of "fading out" each of the five senses as you fall asleep. Another meditation, "Hello," guides you in a playful mindfulness technique of naming and saying hello to various emotions and thought patterns that might be keeping you awake.

Available for download from the Apple App Store (\$4.99) and Google Play (\$2.99).

12. 7 Days of Sleep by Calm.com

Calm.com, a website that offers short guided and nonguided meditations featuring beautiful nature backdrops, also offers a range of sleep meditations. Its 7 Days of Sleep program features a series of daily meditations meant to be used over the course of a week, which teach a range of techniques for better rest. The eleven-minute meditations—including "Relax the Body," "Eliminate Worry," and "Thinking like a Good Sleeper"—will help you get around the most common roadblocks to a good night's rest.

Available for free download from the Apple App Store and Google Play; \$3.33/month with a yearly subscription.