

[MUSIC PLAYING]

I am Cindy, and this is a relaxation therapy CD to help you sleep. Do not use this CD when driving or being active. I will guide you through some breathing exercises, affirmations, progressive muscle relaxation techniques, and guided imagery.

You will hear soothing music to help you relax and fall asleep. At the end of the exercises, the music will continue. Listen to all the segments of the CD as you are trying to.

Even if you are not actively listening and following the instructions, this is OK. You are still hearing the information in a subconscious way. This is very useful for you as it helps you learn to relax.

[MUSIC PLAYING]

You will start to relax and fall asleep. and if you find yourself not paying complete attention to what I am saying, it is OK. You are still getting the benefits of the relaxation therapy. Research has shown that a combination therapy is more useful to relax and fall asleep than a single method.

This CD was designed based on the research findings. It is more effective if you listen to the CD more frequently as you are getting ready to sleep. I would advise to only to listen to the CD when trying to fall asleep.

[MUSIC PLAYING]

Let your body get as comfortable as you can. Let your eyes gently close. Now become aware of your breathing.

As you inhale, feel your stomach muscles expand. As you exhale, feel your stomach muscles relax. Inhale and exhale.

Now as you exhale, feel your body starts to release tension and letting go. Inhale and exhale. Now on the exhale, feel your mind starting to quiet. Sending out any thoughts, worries on the exhale.

Inhale and exhale. Feel yourself become heavier and heavier as your feel your body sinking softly into the support beneath you.

[MUSIC PLAYING]