

Chill Drills

Relaxing Your Body and Mind

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Track 5. Getting to Sleep

This is a sleep drill to use right before you go to bed. It is designed to improve your sleep so you become mentally stronger and more alert. This will help your quality of sleep. Allow yourself to listen to my voice and the calm of the music. You don't have to pay attention to all my words. It's okay to let your mind wander and drift. If you find your mind focusing on other things that keep you from sleep, then redirect your thoughts to my voice and the sound of the music.

Settle in to your bed so your body is comfortable and supported. Allow your eyelids to get heavy and close. Breathing in. Breathing out. Being aware of the heavy of your body on your bed. Breathing in. Breathing out. And letting go of tension so you can rest. Breathing in. Breathing out. And letting go of tension.

Breathing in knowing you did your best today. Breathing out. Breathing in. Breathing out. Breathing in responsibility and pride. Breathing out. Breathing in courage. Breathing out. Breathing in peaceful locations. Breathing out. Breathing in helpfulness. Breathing out. Breathing in the softness of comfort. Breathing out. Breathing in. Breathing out. Breathing in. Breathing out. Letting go of tension so you can sleep. Allowing yourself to sink into your bed. Knowing you are protected. You can sleep here.