

Self Hypnosis – Deep Deep Sleep

written by Hypnosis Scripts | December 19, 2018

This is an alternative to an awakening script. It is important to signal the end of your session in some way; this is a way to terminate a self hypnosis recording when played before sleep

Now... drift deeper and deeper... as every second passes, continue to sink into a deep, deep, sleep... (pause)

(slower and lower voice) ... Sleep soundly and safely... sleep deeply and completely...

... awaken at the correct time; feeling good, feeling refreshed, feeling calm and focused, and better than you've felt for a long long time...

Every day, in every way **"it"**... gets better and better... every day, in **every way "it"**... gets better and better...

... now... deep .. deep .. sleep..... deep, (take a deep breath in, and breathe out, a slow 'sigh')... deep.. sleep... (quietly) ...sleep...

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