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Nighttime is a peaceful time for me. I review my successes and all the things I did well that day. I feel good about myself and relaxed while doing this. I also like to remember the great things about my life. I am blessed in so many wonderful ways.

Concentrating on these positive things at night helps me to fall asleep quickly and easily. My sleep is deep and restful.

My dreams are usually pleasant. On those rare occasions that I have a bad dream, I quickly realize that I am dreaming and take control of my dream in a positive way.

I sleep all night and rarely awaken until it is time to get up in the morning. Once in a great while, it might be challenging to fall asleep or stay asleep. On those nights, I concentrate on letting go of my worries and relaxing my body and mind.

I am blessed with sound and peaceful sleep. I understand that sleep is important to both my mental and physical health. ***I make sleep the priority in my life that it deserves.*** I love myself enough to get the

sleep I require to be happy and healthy.

In the morning, I wake up totally refreshed and ready to face the day. I always get a good night's sleep.

Today, I am focused on having a wonderful day. I am abstaining from caffeine after 3:00 pm. I am committed to living my life in a way that allows me to sleep soundly and peacefully tonight.

Self-Reflection Questions:

1. Do I have any habits that interfere with the quality of my sleep?
2. Am I getting at least 7 hours of sleep each night?
3. What can I do to enhance my sleep quality?