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The Ultimate Deep Sleep

By Lorraine Ireland

Mind Health Matters Ltd, United Kingdom, 2005. CD-Audio. Book Condition: New. 140 x 124 mm. Language: English . Brand New. The Ultimate Deep Sleep CD is specifically designed to restore natural healthy sleep patterns and to eliminate unhealthy habits and anxious thought patterns connected to the inability to sleep. The blend of gentle background music and soft hypnotic voice re-educates the mind and body to become re-acquainted to the meaning of sleep. Insomnia is more often than not a natural response to stress, which can become a habit that you find difficult to break. Initially when you first experience poor sleep, negative thought patterns are created which gradually convince you that you can not sleep. Such is the power of this CD that it must only be played when you are ready to enter into a deep relaxing, refreshing sleep. Benefits include: energising deep sleep at the end of your day; release unhealthy thought patterns connected to poor sleep; reinforce healthy thought patterns connected to good sleep; clam relaxed state of mind upon awakening; release tension and worry; free your mind from everyday clutter; increased quality of life; balance and inner peace; clam relaxed state of mind; physical relaxation; reduction...



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