



Sample Hypnosis Script for Deep Sleep

Dr. Richard Nongard
SubliminalScience.com

(Transcript from recorded hypnosis session)

If you do not have full access to the course materials, you can register here:

<https://subliminalscience.com/product/insomnia-hypnosis/>

Hello and welcome, I am Dr. Richard Nongard, and this recording has been designed to help you sleep your very best by teaching you the skills of hypnosis. Restless nights, flipping your pillows, and waking up feeling like you have had no rest are all situations that are solvable when you learn hypnosis. A lot of people ask me, if hypnosis is good for improving the quality of sleep? and the answer is yes!

The word hypnosis itself, is derived from the Greek word for sleep “hypnos” and the Roman equivalent is known as Somnus. So it makes sense then that hypnosis is perhaps the best way to get some quality sleep! But it is more than tradition that tells us this. The research actually shows that hypnosis helped children and adolescents get to sleep sooner 90% of the time. In another study, combat veterans with PTSD found that sleep related intrusion and avoidance reactions were reduced. And in the general population, a 2017 study concluded that hypnosis “intervention that involves relaxation and positive self-suggestion leads to positive results among the patient who experience insomnia accompanied by rumination.”

So the answer is yes! You have discovered a proven strategy for sleeping better and this experience has been created to help you feel your very best.

Sleep difficulties can be caused by many factors. Sometimes lifestyle issues can bring about sleep difficulties, things like over-caffinating during the daytime, irregular work schedules, and

bringing work home blurring the differences between rest and work. Sometimes, physical or even medical issues can play a role. Controlling allergies can be a useful strategy, and managing pain can be a strategy to help you feel more rested and get better sleep. And for many people, anxiety and worry keeps them up at night, as does simply overthinking or being preoccupied with the next day.

The good news here is that hypnosis is a proven strategy for defeating almost all of these causes. When we are done with today's session, you will immediately feel the benefit, and you can look forward to a good night sleep tonight.

Hypnosis is about learning how to self sooth. As children we learn how to put ourselves to sleep, but for many people sleeping difficulties have been lifelong issues. You can think of hypnosis as a tool to retrain both brain and body to work together in rhythm to help you self-sooth and get a good night of rest. In this session you will hear my words, and learn from the skills I teach.

But you will also hear music, and certain sound files that are called isochronic tones. The music, the sound effects, and even the tones that I have embedded are designed to take you into the deeper levels of hypnotic trance, and prepare you to sleep. Brainwave entrainment is what hypnotists call the use of such soundwave files – but you can think of it this way:

Have you ever found yourself listening to music in the car, or background music at a store or restaurant or even been to a concert and then noticed yourself tapping your foot to the music? We know that the brainwaves of delta level deep sleep being in 4 hertz. In the most relaxing part of this hypnosis session, I have embedded a soundwave file at hertz, and like your foot tapping to the music in a diner, you brain will literally “tap” along to the frequencies I have programed in this session. When this session is complete you will have a choice, to either emerge from the session feeling refreshed a energetic, using the skills you will learn to get a good night sleep, or to continue relaxing allowing yourself to drift into a deeper state of deep sleep and resting throughout the night.

I have also embedded background subliminal affirmations to help you feel your very best during sleep and to wake up to your greatest potential.

Before we begin the session I want to share with you a great way to understand or conceptualize hypnosis. Right now, you are staring at what we call, a hypnotic spiral. Bring all of your attention to the center of this image, essentially staring at this dot. Keep your eyes focused on the center for a few more seconds, really bringing your attention to this one point. This is actually learning number one – that no matter when else is going on is your world, no matter what obligations and responsibilities you have, no matter what stress you are under, you can set it aside for a moment and just direct your attention to somewhere else. in this case the point in the middle of this hypnospiral.

Of course now, you are seeing an image of Vincent Van Gogh's famous painting "Stary Stary Night". And even though you have seen this painting before, you have probably never seen it like this! Right now the stars and the clouds in the night sky are alive and have a vibrant movement and it may even seem as if it is 3 dimensional. Of course, this is pretty cool – but more important than being pretty cool, it teaches us that by focusing our attention, we change things. In hypnosis we will change our habits, our stressors, and the way we experience the night.

A few more thoughts about hypnosis that will be helpful to you. Although a person in hypnosis isn't actually asleep, the process for entering trance is the same process as drifting off into a deep and healthy sleep. You may choose to remain in a light level of trance and go through this process, paying attention to every word that I use. Or perhaps you will choose not to listen to my words, but instead experience the process in a deeper level of trance. You may find yourself at times alert and paying attention, and at other times not paying attention and just experiencing the process of hypnosis. Either way is OK, they will both accomplish the same objective. And if you listen to this track multiple times, over multiple nights, you may find different responses or feelings during each session. This is common and perfectly acceptable. The object of this session is for you to learn and experience, its goal is not to put you to sleep at this time, but rather, to prepare you so that you can easily fall asleep when it is time by using the suggestions and learning of this session.

A lot of people have a hard time "turning off their thoughts" and fear that because of this they cannot experience hypnosis. In reality, "turning off our thoughts" is impossible. Like a fish swims in water, people swim in thoughts. During this session you will think, your mind may drift, you may even remember something important that you don't want to forget later, or get an idea. You do not have stress about whether this will keep you from experiencing hypnosis, it is actually a part of hypnosis. What I will be doing in this session is not having you 'shut off the mind' -- that would be impossible, but rather, learning how to not follow a thought and just let it be a thought without becoming entangled in it.

This session is designed to teach you how to sleep. Perhaps your sleep difficulties come from sensitivity to light, noises, stress, or even your sleep partner's movements. It is amazing, but the mind actually has the ability to learn to tune out these distractions and even use them as sleep cues to reinforce healthy sleep patterns.

Do you want change in your life? Do you want to be able to bring life to the depression your sleeplessness has brought you? Do you want to set aside the anxieties of the day and see your life in a new way? Are you ready for peaceful nights of profound rest and to wake up in the morning feeling your very best?

Then let's begin!

As you relax in the chair where you are, make sure that you prepare for this time by closing any computer windows or chat boxes that may message you and silence your phone. By focusing solely on this session, you will get the most benefit and discover new pathways for deep and relaxing sleep.

During this session it is perfectly OK to adjust for comfort and to become as comfortable as you can. It feels great to set aside time to learn something new, especially something as helpful as hypnosis.

Right now, you are looking at a sun setting on the horizon. As the sun sets, relax the muscles in your brow and eyes, and all of the tiny muscles in your eyelids and let your eyes **eyes close down.**

This is your time and so in this moment let everything be present in this space, allowing yourself to scan the body and to release any places in the body where you are holding any tension. Feels pretty good to know you have found a solution, doesn't it?

I am going to begin by teaching you what is called the 4-7-8 method of learning to relax. It works by increasing your oxygen levels, slowing your heart rate and releasing carbon dioxide from the lungs. All of these things can help you to not only relax in this moment, but even to fall asleep at night.

Now follow my directions, and move the tip of your tongue to the ridge at the top of your upper teeth. Along the inside of your upper gum is a ridge and you can place your tongue on this spot. Through the rest of these instructions, keep your tongue in this place.

With the next exhale really let the air out, noting the sound that it makes with your tongue in this position. It amplifies the sound of the air being released and sounds like a heavy sigh or even a whoosh.

Now, close your mouth, but keeping your tongue in this position and inhale through your nose counting 1-2-3-4.

and hold your breath. hold your breath and count to 7 – 1-2-3-4-5-6-7

slowly exhale now, counting to 8 as your breath out, noting the sound that you are making, the sound of a heavy sigh or even a woosh.

Now let's try it again.

Keep your tongue in that spot and breath inhale counting 1-2-3-4

And hold your breath again, counting to 7

and exhale slowly counting to 8.

Did you get to eight? or did you let the air out too quickly?

There is no hurry to relax, and the timing is important, because we really want to clear the lungs and also prepare for the next breath which will bring clean oxygen.

But I bet you have already noticed something – that your body has become more relaxed, starting right in the center of the chest and that a feeling of well being has already moved throughout your body.

Let's try it one more time

Breathe in through the nose, holding your tongue against that ridge in your mouth and counting to 4 -1-2-3-4

And hold your breath now, counting to 7 -1-2-3-4-5-6-7-

And exhale, taking all 8 seconds to just release any remaining tension and feeling deeply relaxed.

Feel pretty good doesn't it!

Now open your eye again., open your eyes....

Tonight when it is time to sleep, rather than counting sheep, practice this method of creating physical relaxation. It is the 4-7-8 method, and if you are looking for some new lucky numbers, these can be your numbers because this method creates an almost instant relaxation on a physical level.

But what about the mind, how do you relax the mind?

Perhaps you have tired counting sheep, maybe even imagining them jumping over a small fence, first #1 and then #2 and

then #3

Kind of makes you wonder how many sheep there are, doesn't it? I don't know if you have ever had anesthesia or not, but the doctor almost never asks you to count from 1-10, but rather from 10-1 or even 100-1. This is because you don't have to wonder how many numbers there are, or how many are left, and you can just quite trying to think of the numbers and allow the experience to work.

And so let's start at #100 letting the numbers melt into each other, moving from 100 to 99 and from 99 to 98 and from 98 to 97. and with each number relax both mind and body choosing to experience this process, as the numbers move from 97 to 96 and from 96 to 95. each number relaxing a bit more until it would just be easier to close the eyes again, 94-93-92-91 closing the eyes now if they are not yet closed, from 90-89 and 89-88. Never asleep in our session – but becoming more deeply relaxed. 87-86 -85

and if your eyes are not closed yet just let them close, #84-83-82

(MULTI TRACK AUDIO BACKGROUND NUMBERS TO 75)

Notice now how by focusing on those numbers the mind has become more quiet, the breath smooth and rhythmic and your heart rate has become calm and regular. Throughout this process, your mind will continue to think, but just like a still pond where fish slowly move below the surface of the water, your thoughts are present but still. You can hear my voice, you can feel the chair below you and you can feel the tempo of the music and embedded soundfiles.

You may be aware of many experiences at this point, including the room temperature, sounds from outside, and others nearby. In the past these may have been cues to distract you, but now you can use this new knowledge to recognize your ability to shift your awareness to any experience, including those you create in your mind. The mind has a place deep inside of it where awareness is created. Until hearing this, perhaps you were

unaware of this place. However, now that you know about it, you can shift your awareness from all that is outside of you to this place in the mind.

From this new vantage point, you can use the creative part of the mind to begin to drift, dream, and float inside of your own awareness. You can use the creative part of the mind to envision yourself, perhaps under a clear blue sky. Perhaps you are in a beautiful place you have been to before, a place that you would like to go, or even a place you have created that is relaxing and peaceful. Wonderful.

Imagine that as you look to the clear blue sky, you can see a single, white, puffy cloud, gently floating by. See the soft edges of the cloud and the pure energy of its radiance. Watch as it gently moves from one side of the sky to the other. Imagine that all of your stress, discomfort, or concerns become enveloped by the energy in this cloud.

As the cloud moves into the horizon, becoming smaller and smaller, you become increasingly aware of your mind's ability to relax and create its own experiences. It has long forgotten about any difficulties that used to concern you. As it drifts into the distance, it will eventually become so small that it completely disappears. At this point, you are sensing an awareness of your feelings of deepening relaxation. You feel yourself moving twice as deep into relaxation of mind and body. Go all the way down, into deep mental relaxation. Perfect.

With a sense of security and comfort, you can be happy about the new experiences and lessons you have had that can help you to sleep deeply at night. I am going to give you some suggestions now. You can pay attention to each and every word with the conscious mind, or you can drift, dream, and float. You can hear all of the words with the subconscious mind and only every other word, every fifth word, or every tenth word with the conscious mind. Perfect.

5
4
3
2
1
0

Each night as you prepare to sleep, there are actions you can take that will make your sleep more restful. Establish a routine where you quiet your phone, and lose off any illuminated monitors or screens in your room.

and as your head hits the pillow, go back the 4-7-8 breathing exercise we started with. Each night, making this your sleep time ritual.

AND EACH NIGHT AS YOU SLEEP, YOU WILL NOT TRY TO STOP YOUR THOUGHT, BUT INSTEAD LET THEM JUST EXIST IN A STILL CALM POND OF THINKING. And should one distract you and cause you mind to wonder, rather than following that thought or feeling or idea, just let it be a cue to move your attention back to your breath.

These are suggestions that you have asked me to make when you asked me to help you sleep better, so they are actually suggestions that come from you. You will find it easy to internalize and experience these suggestions now and at any time you need a restful night of deep tranquility. Each night as you experience self-hypnosis,

you will find it even easier to follow the instructions and drift more deeply into trance and eventually into sleep.

As you listen to your breathing and perhaps think about the sweet, soft sounds of nature, you will begin to move your thoughts from those that are external to those that are inside the part of the mind where creativity and awareness is created. This will allow you to detach from anything that previously hindered your sleep.

As you continue to relax, let yourself freely and lazily double the sensation of relaxation in both mind and body, letting go of any tension in any muscle. This feeling of the loosening in the muscles will bring you even further into trance. You know that at this moment you could open your eyes or wake up entirely, but it feels so good to finally let go that you will continue to do exactly what you are now doing and experience an even deeper level of hypnosis or relaxation. Although you know you have the ability to awaken if something needs to be attended to, at this point there are no outside concerns. Therefore, it is okay to let yourself go deeper and deeper into trance.

In the morning when it is time to wake yourself, your internal awareness of the freshness of a new day will bring an energy and sense of wellness that will carry you through tomorrow. It is wonderful to feel refreshed and revived from a good night of sleep.

However, this time is not now and it is perfectly okay to continue focusing your awareness inward and eventually drifting from hypnosis into deep sleep.

As I count backwards from ten to one, enjoy the feeling of heaviness in the arms and legs, the feeling of coolness or warmth you desire, and the sensation of rest in both mind and body.

Ten, rest...

Nine, perfect...

Eight, peace...

Seven, slowly drifting into sleep...

Nine...

Eight...

Seven...

Six, with each number not knowing where sleep begins...

Seven...

Six, just experiencing the process...

Five, good...

Four...

Three, total comfort...

Four, safe...

Three...

Two, wonderful...

One, drifting to a point where awareness of awareness simply drifts off into the distance...

Sleep...