

# SleepDrops®

## Body Breath Scan™ in 10 Steps

The following SleepDrops® Body Breath Scan is highly effective at inducing a state of absolute relaxation and sleep. Please read through the following steps and then relax and enjoy the process. Do not get caught up mentally in too much detail. Just breathe and relax.

### 1

Lie on your back in your bed or wherever you plan to fall asleep. Lie with your legs outstretched and your arms resting by your side. Close your eyes. Take a moment to notice the different parts of your body in contact with the bed. Then take three deep breaths in and out loudly and slowly, letting your body soften into a comfortable position.

### 2

Keeping your attention on your breath, allow yourself to breathe deeply and slowly. Place your hand on your belly to help connect with the sensation of breathing in and out, noticing the rise and fall of your belly. If at any time you lose focus or your mind begins to wander, just bring your attention back to your breath and the in and out motion of your breath. Take five more deep breaths here.

### 3

After five deep breaths, place your hands back by your side. Now slowly move your attention to your heart and imagine your vision and your breath moving slowly down the left side of your body, down to your torso (the mid-section of your body). Breathe in again and then out slowly as you continue mentally moving down to the top of your left leg, down your thigh. Once at your knee breathe in again and then proceed to breathe out slowly as you continue down from your knee to your ankle and slowly into your left foot. As you move down your body ask yourself "Is there anything to notice? Any warm areas, coolness, tightness, tingling or numbness?" Just notice what is present (or absent). If you notice or are drawn to an area of your body, stop here, do three slow deep breaths into this area and consciously release any stress that may be there. You may wish to silently say "I release any stress that may be here".

### 4

Continue to breathe slowly in and out. Move your attention to the heel of your foot, your sole and toes, then the whole of your left foot. All the time noticing any changes in your body. Continue to breathe very slowly and deeply, trying to slow your breath down a little more with each breath. Focus on your current experience, what is happening in your body right now. If you notice or are drawn to an area of your body, do three slow deep breaths into this area and consciously release any stress that may be there. You may wish to silently say "I release any stress that may be here".

### 5

Keeping your attention on your breath, imagine you are now breathing all the way down from your heart into your left foot (up and down your left leg) as slowly as you can. Continue to breathe into the left side from your heart to the end of your toes for three breaths, each time trying to breathe a little more slowly than your last breath.

### 6

Repeat this scan process for the right side of your body. Slowly move your attention back to your heart and imagine your vision and your breath moving slowly down the right side of your body, down to your torso (the mid-section of your body). Breathe in again and then out slowly as you continue mentally moving down to the top of your right leg, down your thigh. Once at your knee breathe in again and then proceed to breathe out slowly as you continue down from your knee to your ankle and slowly into your right foot. As you move down your body ask yourself "Is there anything to notice? Any warm areas, coolness, tightness, tingling or numbness?" Just notice what is present (or absent). If you notice or are drawn to an area of your body, stop here, do three slow deep breaths into this area and consciously release any stress that may be there. You may wish to silently say "I release any stress that may be here".

### 7

Continue to breathe slowly in and out. Move your attention to the heel of your foot, your sole and toes, then the whole of your right foot. All the time noticing any changes in your body. Continue to breathe very slowly and deeply, trying to slow your breath down a little more with each breath. Focus on your current experience, what is happening in your body right now. If you notice or are drawn to an area of your body, do three slow deep breaths into this area and consciously release any stress that may be there. You may wish to silently say "I release any stress that may be here".

### 8

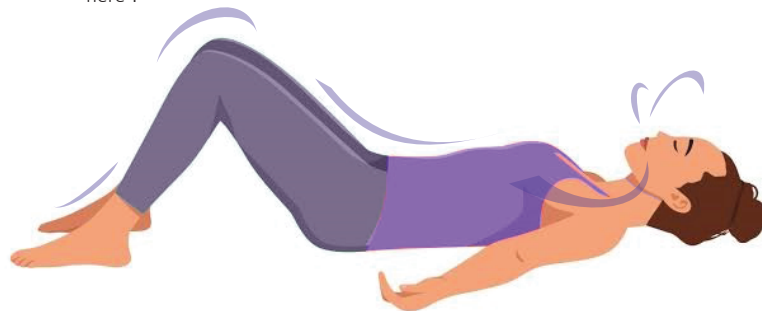
Keeping your attention on your breath, imagine you are now breathing all the way down from your heart into your right foot (up and down your right leg) as slowly as you can. Continue to breathe into the right side from your heart to the end of your toes for three breaths, each time trying to breathe a little more slowly than your last breath.

### 9

When you are ready move on, repeat this process with the following areas of your body – head and face, neck and shoulders, left arm and right arm. Breathe deeply and calmly into each section of your body, noticing warmth, coolness, tension, tingling or numbness. If you notice or are drawn to an area of your body, do three slow deep breaths into this area and consciously release any stress that may be there. You may wish to silently say "I release any stress that may be here".

### 10

When you have finished scanning each section of your body, take your attention back to your breath once more, imagine your breath flowing through your entire body, from the top of your head to the toes of your feet bringing relaxation. Let the breath sweep through all of your body in slow, deep breaths. With each breath imagine your body relaxing and letting go. Your breaths should be nice and slow by now. Notice how many counts "in" and "out" you can achieve. If you can count "in" for 9 and "out" for 11. Hands on your belly. Continue to breathe this way until you drop off to sleep. If sleep alludes you for a while longer you may wish to repeat the phrase "I'm going to sleep now" "I'm going to sleep now" until you do indeed fall off to sleep.



Deep, diaphragmatic breathing, even for as little as two minutes can support you to feel instantly more calm and relaxed before bed enabling sleep to come more easily. Deep breathing has also been shown to support:

- Pain relief and a more positive mood by triggering the release of endorphins and serotonin
- Better circulation and lower blood pressure by relaxing muscles
- Better energy levels and a healthy digestion and immunity by oxygenating the blood and removing toxins

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