

Countdown to Sleep Technique

Karen Hand

In a comfortable position, where you can safely close your eyes...

Realize that any time you need to adjust or move to be even more comfortable, go ahead and do what you can do to relax in a way that feels best for you.

When you're ready...close your eyes and imagine...pretend...or just know...

There's a giant white board in front of you...Really tall and wide.

You'll also find white board markers and erasers there below.

Pick up a marker and as large as you can on that white board...write the number 25.

Go all the way up and all the way down...and as big as you can write it.

Now...put down the marker and pick up the eraser. And, erase that number completely...

Top to bottom...side to side...and all the way into each of the corners...

When that white board is pristine...pick up a marker...and as big as you can, write the next number down...24. Write it as big and wide as you can...

And then, put down the marker...pick up the eraser...and completely erase that number... up and down...side to side...and get those corners...

When it's completely clean...

Pick up the marker and write the next number down...23...as big as you can...

And continue to do that...writing the next number down each time...then completely erasing it and repeat...and along the way, discover how quickly you can drift off to a peaceful sound sleep all through the night.