



# If you can't FALL ASLEEP or can't STAY ASLEEP

*Assuming you don't have any food or drink 2 hours before or take medication.*

## 1. Self-Talk is extremely powerful!

If you have ever woken up minutes before your alarm, then you know you have the power to wake yourself. If you have the power to wake yourself, then you have to believe you have the power to put yourself to sleep...right?

NEVER say the following:

“I can't fall asleep at night”

“I always wake up at 3:00 am”

“I'm just not a good sleeper”

SAY the following:

“I fall asleep easily”

“I sleep from 10:00 to 6:00 like clockwork”

“I always sleep well”

...your brain is listening to what you say, and following directions.

## 2. Focus on your breathing!

Should you lay in bed unable to fall asleep; change your focus to present time. Breath in to the count of 5 and out to the count of 10.

DO NOT think the following: “I have to get a good night's sleep, I can't believe I'm not sleeping again” “I only have an hour and a half left to sleep” “I have so many things to do tomorrow” “I didn't get my stuff done yesterday” “I am worried about my son, husband, job, money” etc...

...these thoughts change your chemistry so your heart rate increases, and you cannot fall asleep.



### 3. Listen to non-predictive music.

The brain is programmed to predict what sound is coming next and this active listening increases norepinephrine and makes the brain more alert. When we need to sleep, listening to this type of music lowers stress and shifts the brain from beta state to alpha state, which is a state of relaxation that allows sleep and accelerated learning.

As far as I know the only musician who sends his music to an independent research company to test the effects of music on the brain and the body is Steven Halpern, President of Inner Peace Music. This music allows the stress to subside and has been putting my clients into an enhanced state for learning and sleeping for over 10 years.

I used to think the therapeutic effects came from knowing the research, placebo effects, but I have many, many clients who contact me to tell me their infants and puppies fall asleep as well. One of my clients told me she uses Halpern, any song, on the 4th of July so her dogs can be calm through the night. I have clients who have never slept before, clients in menopause, children with night terrors and confirmed insomniacs tell me this is the answer for them.



Steven Halpern ✓

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