

Bedtime Affirmations for Falling Asleep Naturally and Easily

Introduction:

Welcome to this guided bedtime affirmation track to help you fall asleep naturally and easily. Listen and repeat each affirmation after me. This is your time now so honor it.

Track 1:

- 1. I have done my best for today.
- 2. I was meant to do what I did today.
- 3. I reflect on all the good things I did today.
- 4. I have fully earned my rest for tonight.
- 5. Today was a great day of my life.
- 6. I put love into all my deeds.
- 7. I used kindness in all my thoughts.
- 8. Deep rest comes to me effortlessly.
- 9. I take a deep breath and release all tension.
- 10. I completely unwind from the activities of my day.
- 11. The only thing I feel now is gratitude and love.
- 12. I quiet my mind as I wind down for sleep.
- 13. I breathe in calmness and relaxation.
- 14. My body is ready to enter full rest.
- 15. It is time to go to sleep now.

Track 2:

- 16. I have everything I need to fall asleep now.
- 17. I am comfortable in my bed.
- 18. The sounds of night soothe me.
- 19. My bedroom is comfortable and serene.
- 20. The room temperature is perfect.
- 21. It is now the right time to fall asleep.
- 22. My eyelids feel heavy as I close my eyes.
- 23. I welcome sweet dreams of the underworld.
- 24. I empty my mind of thoughts for the night.
- 25. I drift into deep rest and relaxation.
- 26. My body enters into a peaceful state.
- 27. Sleep heals my body and mind.
- 28. Sleep rejuvenates my body for the morning.
- 29. I close this day with pure joy.
- 30. I dream sweet wonderful dreams



Track 3:

- 31. Angels show me the way during the night.
- 32. I feel the love of the universe during my sleep.
- 33. Stillness welcomes me with open arms.
- 34. I rest now so that I can be my best tomorrow.
- 35. Sleep comes to me easily and naturally.
- 36. I enter a state of deep relaxation now.
- 37. Sleeping is the best investment in my health.
- 38. Serenity surrounds me as I drift into sweet slumber.
- 39. All tension leaves my body now.
- 40. I am in utter state of peace and relaxation.
- 41. I already feel the healing power of sleep.
- 42. Breath moves in and out of my body effortlessly.
- 43. My body is at complete rest.
- 44. Wonderful dreams await me.
- 45. I sleep peacefully tonight.

