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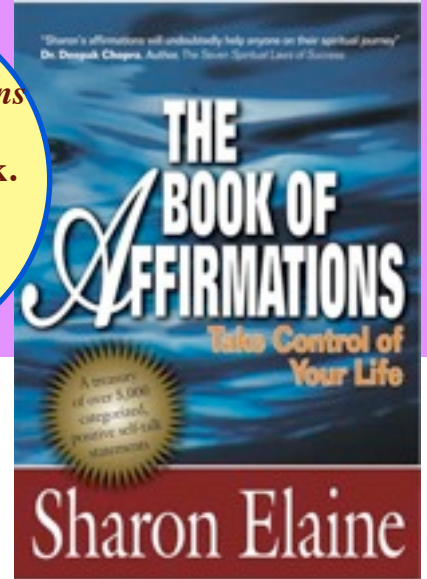
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with Sharon Elaine

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Affirmations to assist with Sleep Challenges

It seems that sleep challenges are on the rise. (no pun intended). Stress can cause many of us to have trouble sleeping, as our brains run non-stop trying to figure out all the intricacies of our lives. Sleep is a time to shut all of that out and relax into recuperative sleep. If you're having trouble sleeping soundly, it's time to claim it back again.

Positive thoughts penetrate my thinking while I sleep
 My sleep is always restful
 Getting to sleep quickly is easy for me
 When I get little sleep, I still perform in top form
 Should a bad dream begin, I easily release it
 I program my mind to accept positive dreams
 I have the power to release any negative dreams
 I learn valuable insights from my dreams
 I always remember my dreams
 My dreams reveal important past and future events to me
 Dreaming is always pleasant for me
 I'm able to fall asleep quickly and peacefully
 I sleep soundly and peacefully
 I'm able to stop all worrying before going to sleep
 Any and all sleep disorders I now release from me
 My bed is always comfortable
 I visualize positive images before retiring tonight
 It's okay to completely relax every night
 It's okay to get a good night sleep every night
 I deserve to feel well-rested.

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