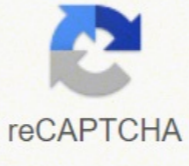




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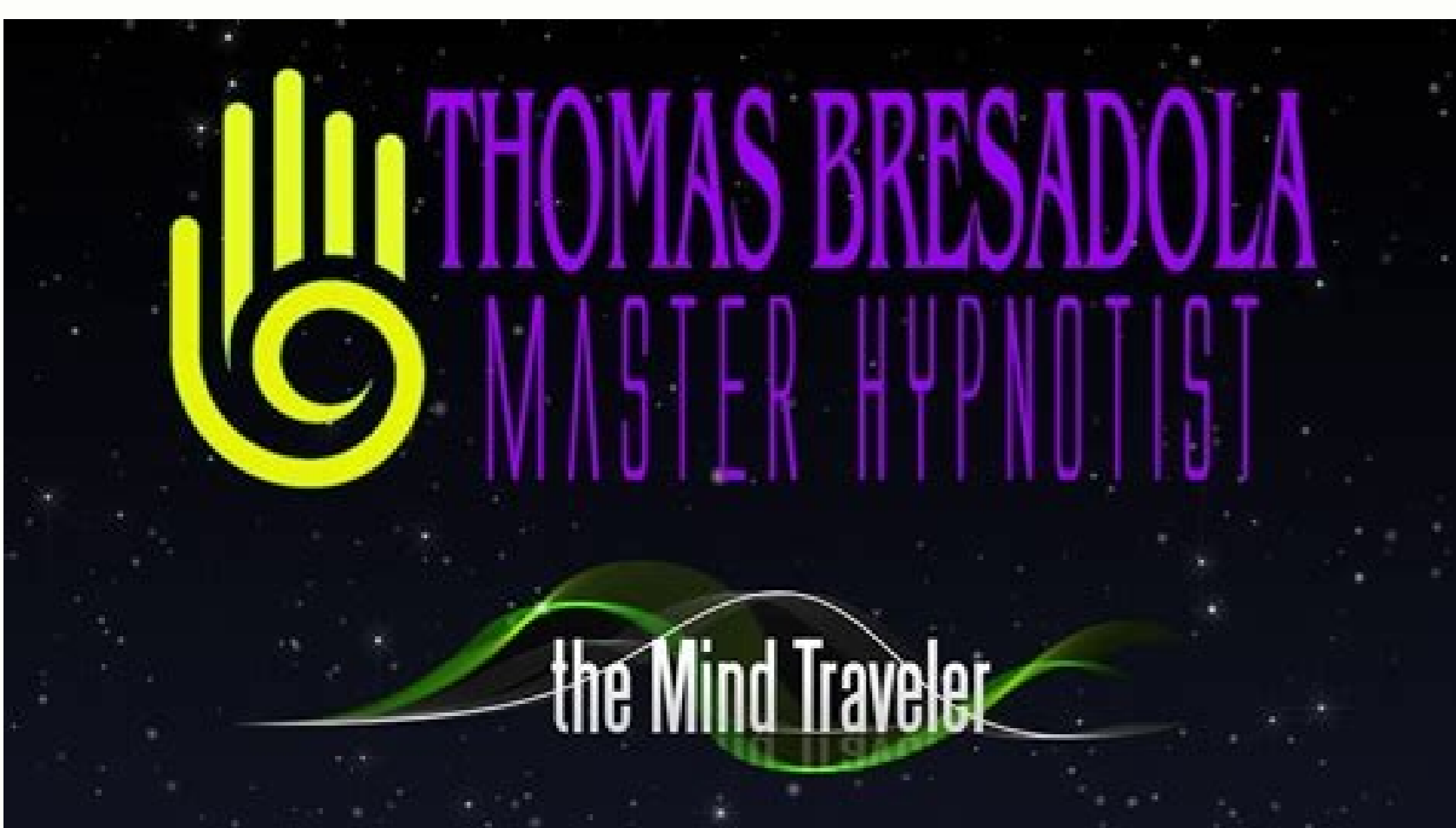
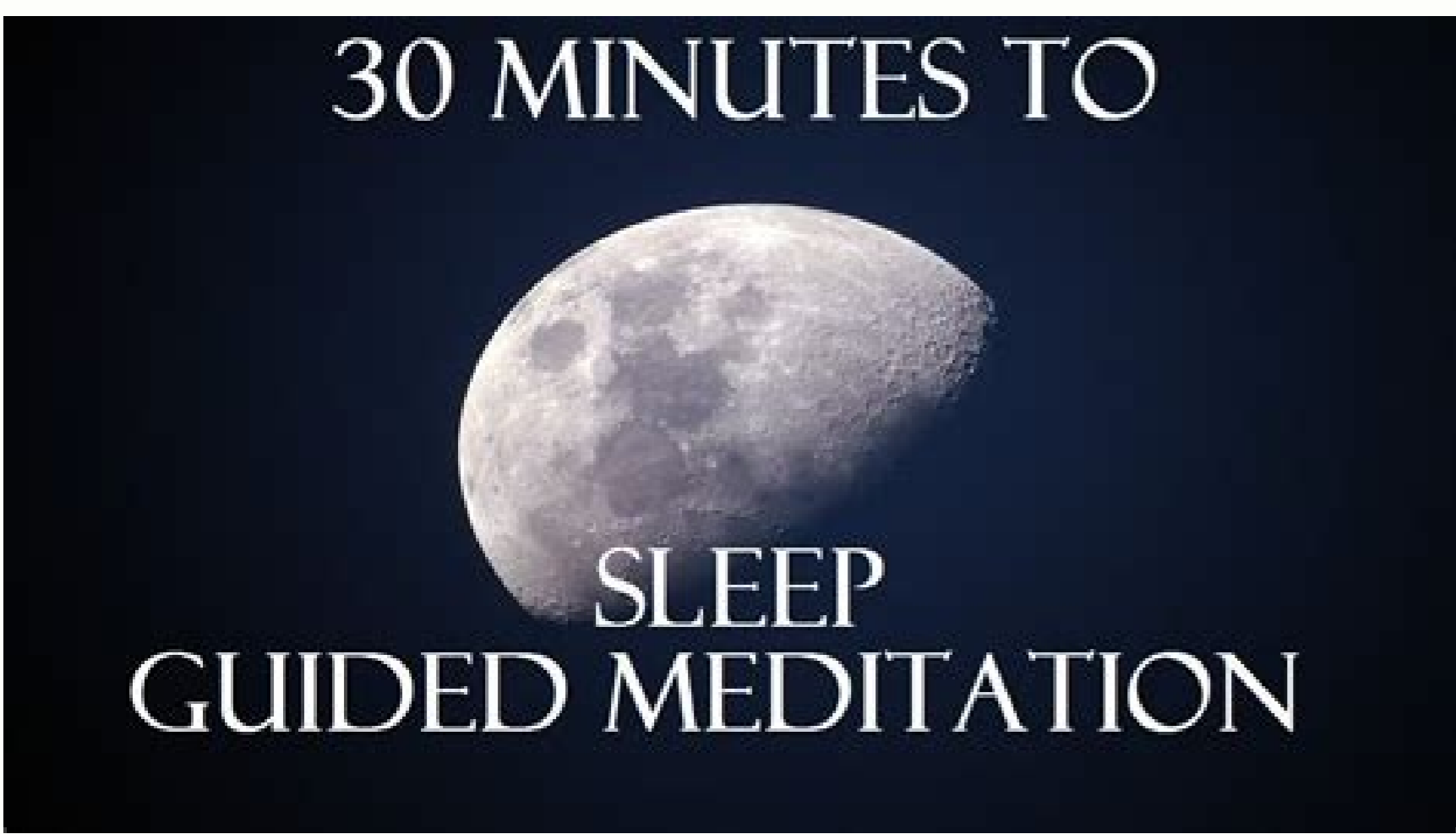


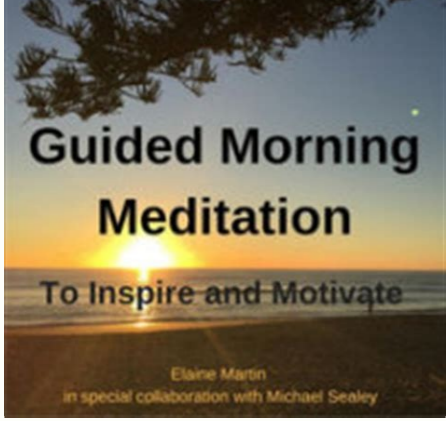
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5 SLEEP MEDITATION MUSIC SOUNDTRACKS

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The stress of carers during the day can cause restless nights. You may have trouble falling asleep or having a good quality sleep. To get a good night's rest, Alisa Paliano from Nestmaven, with recommends 5 relaxing guided meditations for a deep sleep. Place your mobile or portable device on your nightstand (ideally with a defined sleep timer) and let the calming sounds calm your racing mind and facilitate you a peaceful sleep Incorporating meditation into your bedtime routine is a great way to quiet your mind and relax your body to prepare for sleep. Indeed, even the main sleep specialists defend the benefits of this practice, both to reduce the time it takes to fall asleep and to improve the quality of sleep. Finding the right guided meditation for yourself can be a somewhat heavy task: what works for one person can be absolutely exhausting for another. With a search that reveals thousands and thousands of options where © that it really begins? We were able to gather five of the best free guided meditations to sleep that YouTube has to offer. Just pick one that speaks to you, get comfortable, and go to sleep. 5 Relaxing guided meditations to deep sleep 1. Sleep Guide (Spoken) To Sleep, Deep Relationship (With Sounds of Rain and Fire) Hypnosis is 22 minutes Jason Stephenson invites him to come spend a night inside a log cabin at the bottom of a relaxing wood, snuggle next to a crackling fire and let himself be guided to a deep state of calm and peace. This 22-minute drive also © They are proud t o help you increase your productivity tomorrow, thanks to having the necessary rest you deserve. 2. Nidra yoga is Meditation and Relationship Guided to 16 minutes Nidra yoga © often called a yogic sleep, © a state o f being between sleep and consciousness that encourages deep emotional and physical healing. A comforting female voice guides you through © S agitated day transition to a quiet, quiet sleep,Through © deep level of complete relaxation in which the mind is still full of a sense of peace and inner consciousness. 3. To sleep a meditation - 9 quiet minutes of Mind Cafe offers this guided meditation for total relaxation of muscles and deep restorative sleep. By guiding your body and mind into a state of complete relaxation before falling asleep, you will be able to fall asleep faster and enjoy a more sound sleep. 4. Guided Meditation - Happy Deep Relaxation - 10 minutes, Theonestguys produces a variety of high quality guided meditation videos that they provide for free on YouTube. This practice, designed to guide you in a state of deep relaxation, is © for a ©-sleep recharge. Includes approximately 10 minutes of speech, so - once fully relaxed - you can simply enjoy the soothing sounds of the beach until © you go out to sleep. 5. Meditation guided by anxiety and stress, meditation initiated, guided image viewing - 30 minutes This guided view of Jason Stephenson will help you release the tension in your body and mind and learn how to better deal with the anxiety and stress that comes your way. This will not only allow you to fall asleep faster and sleep more deeply, but over time it can reduce sleep problems. The verity © spice of the life of these meditations, so that you can hear them over and over again. But if you find a lost efficiency, try changing between different ones to keep things fresh, recommended for you: Contributor of the guests: Alisa A© the editor at the head of NestMaven.com, where she writes about all things related - from tips to help you sleep to innovative sleep products. She has a bachelor's degree in information science, loves yoga, healthy food á" chocolate (and © totally good with that contraction).Itino: Aging free of the world This article is © sponsored and does not contain Affiliates. For more information, see how we make money. Last updated on 19, 2021 Has difficulties sleeping at night, or suffers from insomnia? According to the National Sleep Foundation, 30 to 40 percent of adults have difficulty sleeping, and 10 to 15 percent suffer from critical insomnia. It is here that a sleep guided meditation can help. You know how you can not sleep well enough. The next day he feels lethral, he has difficulty concentrating, and it lacks motivation. But, did you know that insignia can have more serious consequences for health? Chronic insomnia can put it at greater risk of several multi-tips, such as stroke, high arterial tension, cardiac diseases, and a weak immune system that can leave you vulner Evergious disease. It puts it at greater risk of mental distances such as depression and anxiety. Insomenia can affect your memory, judgment, concentration and sexual desire, and can even shorten your life expectancy. Good news is that in most cases, there are some simple solutions. In this article, let us focus on guided meditations for sleep. Before giving you the list, I think it is a good idea to give you a better understanding of the nature of insomnia. This will give you a better idea of what sleep-oriented meditations that will work best for you. There are several causes of insights. They can be a medical condition, psychological problems, stress and anxiety, or simply lifestyle. MÀ © Tips Conditions may include allergies, stomach and intestinal problems, chronic pains, lumbar pains, respiratory problems, and more. If you have one of these problems, or suspect that another medical condition may be staying awake, I suggest you consult your doctor. Psychological problems, especially depression, are common causes of insomnia. The depression leads to mood changes, which can affect hormonal balance and therefore lead to sleep difficulties. Studies have also demonstrated that insomnia can aggravate the depression anxiety © are common causes of insãnia. We often ruminate about the past and care about the future. Sometimes we may feel stressed and overwhelmed by our responsibilities. And sometimes, it© just our stimulated mind that keeps us © awake. For some people, lifestyle can be a cause of insããã?nia. Some people work strange hours that make it difficult to maintain a normal sleep pattern, or get enough sleep. Sometimes they don't have enough time to relax before they go to bed. Food and diet can © affect your sleep. A heavy meal or empty stomach can make sleep difficult. It's a good idea to have a light© snack before bed, something that is © low in the car, as excess of sugar in your bloodstream can give you a feel of anxiety. Alcohol, while it can help you sleep, will really disturb your sleep later in the night. Too much coffee, or drinking too late, © also make it difficult to sleep. Nicotine is © other substance that can disturb your sleep. As meditation can help although insignia may have several causes, good news is© that meditation can help in various ways. The main way that meditation can help you sleep better© reducing stress and anxiety. The way it works is © quite simple. Meditation helps calm your thoughts, and by calming your thoughts, you reduce the feelings associated with those thoughts. Meditation can calm any running mind, but it would help reduce some of the things that are stimulating your mind too much, like too many activities and excessive background rudo. Basically, any sensory stimulation will create a chain of thoughts, and if your day is full of activities and noisy, then your mind is being stimulated too much. Most of the time, meditation is © a break from sensory stimulation. While sleep-oriented meditations have music and a voice to guide you, the are slow and calming, which helps to slow your mind down. Meditation is © powerful antidote to depressive. Studies have shown that when properly, it can be as effective as antidepressant medication. If you suffer from depression and want to try meditation as an alternative treatment, make sure you first consult with your doctor. Meditation can even help solve some of the physical causes of insomnia. Studies have shown that meditation can relieve physical pain, especially lower back pain. 20 Best Guided Meditations for Sleep Here are 20 guided meditations for sleep. They are divided into 4 categories: Deep relaxation Binaural beats Hypnosis meditation without guide It is not clear what kind of meditation is more effective than others in helping you sleep. While they all intend to help you sleep better, they have slightly different goals and mechanisms to help your sleep. Based on the explanations and descriptions below, you can choose the ones that best suits you. Meditations vary in duration. Some are under an hour, while others are several hours of duration. Most have guiding words at first, which eventually disappear, leaving it with soft and soothing music to help you drift to sleep. You can hear them as long as you want while you lie down to sleep, or you can even throw them while you sleep. This is another matter of preference. Deep relaxation As the term suggests, deep meditations of relaxation will help you calm your body and mind. They usually use a body scan to relax every part of the body, and the soothing voice and background music help calm your thoughts. When listening to meditations, keep in mind that relaxing the body and the mind is a process. Don't expect perfection. That is, it doesn't hurt your mind to have fun, or get distracted. Instead of forcing your body and mind to relax, just allow them to relax. 1. Floating between the stars by Jason Stephenson Length: 1 hr. 2 min. Jason Stephenson has some of the best quality meditations on YouTube.Voice is ©, and he has the right choice of background music. Your recordings have a good balance of music and voice voice As the title suggests, this meditation gives you a sensation to float between the stars.2. Happy Deep Relaxation by The Honest Guys Length: 18.5 min. Honest types also have good quality recordings. In this meditation, the music is soft and slow, with soft waves in the background. This is a relatively short meditation to help you comfortably hear before going to bed.3. A asleep fall as fast by Lauren Ostrowski Fentonlength: 1 hr. 17 min. Lauren Ostrowski Fenton has a soft and relaxing voice. The launch of dream music is well balanced in her voice. Your guided meditation has good positive affirmations that help improve self-esteem. Length: 33 min. This Kim Carmen Walsh recording is designed to help you recognize your own inner happiness. Then guide it to a deep and restorative practice for better sleep. Cultivate self-love while you sleep by Nicky Sutton Length: 2 hours This is a great Meditation of Nicky Sutton. Only the music is hot and loving. Combined with your soft voice, the affirmations of love really touch your heart. Meditations with binaural binaural beats are a temporal that triggers a deceleration in brain activity to make you sleep. Here's how it works: Your brainwaves creates brain waves of the electrical activity pulses when neurons interact with each other. Generally, the highest frequencies of brain waves are associated with higher levels of alertness, such as concentration. The lowest frequencies are associated with lower alert levels, such as deep sleep. Ingrained in the background music are two tones of slightly different frequencies, one in each ear. Your re-embrane, instead of processing both tones, processes half the difference between the two frequencies. For example, if you receive a 300-Hertz tone in one ear, and a 280-Hertz tone on the other ear, your brain processes a 10-Hertz tone. The two frequencies in the They are intended to delay brain activity for deep sleep. How can you have You need to listen to these meditations with headphones in order to get the desired effect. The binogetic beats have two more beneficial effects© for sleep: They increase the hours of sleep promotion, and reduce the pain that may be keeping you awake. 6.A Perfect Shaded Deep Talkdown by The Honest Guys Length: 30 min.This is another good guided meditation for sleep by The Honest Guys. As with most of your meditations, © short in compared to most other meditations on YouTube. The music is ©, and the voice is © relaxing. 7.Guided Meditation for Sleep and Healing by Meditation Cow Length: 40 min.The scene of this meditation is © the beach at night with a campfire. Along with the music of dreams, you can hear the sounds of the waves and the crackle of an open fire. This meditation will promote healing while you sleep. 8. Deep sleep meditation with statements from the PowerThoughts Meditation Club Compgh: 1 hr. Forty-four minutes.Here is a meditation that boosts your self-esteem. It will help you overcome your fears, so you can develop greater inner strength. The music is © calm, the soft voice, and the powerful statements. After a while, the voice disappears and the music helps you to fall asleep deeply. 9. Deep Sleep Meditation Guided by PowerThoughts Meditation Club Compgh: 1 hr. This © a guided meditation that will help you calm your racing mind. The slow and smooth voice will outlast your mind to follow the slower pace. As in the previous guided meditation, the voice disappears after a few minutes. 10. Meditation guided to a peaceful and calm deep sleep by The Cow Meditation Length: 47 min. This sleep meditation uses oriented images to help calm your body and restless mind. The background music is © and drift. Meditations With Hypnosis Guided meditations with hypnosis are an effective way to reprogram your subconscious mind for a desired way of thinking or behaving. When we are in a deep state of our mind is more receptive to new information, then during during It© an excellent time to assimilate positive statements that can improve the quality of your life. These meditations will mainly help you change your views on sleep. One © aimed at facilitating healing, and another will help you deal with stress and anxiety. 11. Deep sleep hypnosis for cleaning the mind body spirit by Michael Sealey Length: 1 hr. Thirty minutes. Michael. Sealey © one of the most popular guided meditation artists on YouTube, and for good reason. The recordings are of high quality and use a good balance of the different elements to reach the desired effect. This guided meditation uses gentle music and guided images to promote inner healing while you sleep. Length: 1 hr. Two minutes. Here's another meditation guided by Jason Stephenson. This uses © mcas of hypnosis to promote deep sleep. The music is ©, slow and hearty. Once the voice disappears after a while, you can just start this meditation and let it play while you move away to sleep. 13. Sleep Meditation guided by Jason Stephenson Length: 50 min. This guided meditation of sleep will help you reprogram your mind to decrease stress and anxiety. It uses guided images and gentle, relaxing music to soothe your body and mind to sleep more rested. 14. Meditation of the hypnosis of the female voice sleep by the soothing music Relaxing Length: 3 hours. Although not as popular as most other guided meditations, this one uses a female voice© and hypnosis techniques to guide you in a deep sleep. His voice is © calm and soothing, and the music is © a slow dreamlandscape that gives him a feel of floating in the air. 15. Hypnosis with subconscious programming to fall asleep by Nicky Sutton Length: 1 hr. 16 minutes. Here's another good meditation from Nicky Sutton. The first 18 minutes help you relax your body. Then the statements help you reprogram your mind to go for a deep sleep. Meditations of without guide although this list of meditations is mainly for sleep-guided meditations, there are some excellent recordings of any soothing, soothing music. Some sounds of nature, such as ocean waves, are symbolic of relaxation. When we hear these sounds, our subconscious mind will link them to relaxation and sleep. These are the kind you might want to just play softly in the background while you go to sleep. 16. Aura Cleansing \$Balancing Chakra by Meditation and Healing Length: 8.h. This video plays dream music that will help you fall asleep any day of the week. 17. Dreamscape Music for Relaxation and Sleep by Peaceful Productions Studio Duration: 8.h. This is © yet another recording of soft music and sound landscapes. It uses Delta waves, the same frequency of brain waves it experiences during deep sleep. 18.Deep Sleep Music: Ocean Waves and Relaxing Music by Soothing Relaxation Length: 3.h. This meditation combines relaxing music with ocean waves to calm him down in a deep, restful sleep. 19. Gentle Night Rains for Relaxing Sleep by The Relaxed Guy Length: 3.h. Some people like the sound of rain to help them relax. This recording is not © more than a gentle rain. 20. Angelic Music with Affirmations for Sleeping by Jason Stephenson Length: Two hrs. This meditation of guided sleep © almost entirely music of awakening the heart with intermittent affirmations in a soft, angelic voice. If you have difficulty sleeping at night, do not let your heart be disturbed. These guided meditations to sleep will help you slow down your racing mind and make sleep much easier. The best part is © that doesn't have to do anything but just listen to them and relax. Your sleep is © important, not only to feel better the next day, but also © m for your long-term health and success in life. Enjoy these meditations, and enjoy your life. More Tips on the Credit Measurement Practice © said photographic in focus: Ben Blennerhassett via unsplash. with unsplash. with Deep meditative composition with new age and holistic sound. Ethereal, dreamy and spacious. Suitable for meditations, astral journeys, out of body experiences and quiet contemplations. Relaxing, Studying, Chilling, Revising, Meditation, Sleep Aid & Yoga music. Hypnotic with a strange sense of awareness and knowing. Deep meditative composition with new age and holistic sound. Ethereal, dreamy and spacious. Suitable for meditations, astral journeys, out of body experiences and quiet contemplations. Relaxing, Studying, Chilling, Revising, Meditation, Sleep Aid & Yoga music. Hypnotic with a strange sense of awareness and knowing. This guided meditation will gently ease you into a state of blissfully deep relaxation..... 01/09/2020 · History of Meditation . While meditation has recently grown in popularity in the U.S., the practice actually dates back thousands of years. The practice has been associated with religious traditions, particularly Buddhism. Meditation was used throughout Asia but finally began to make its way to other parts of the world during the 20th century. Guided Audio Recordings This audio content is for general informational purposes only. 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