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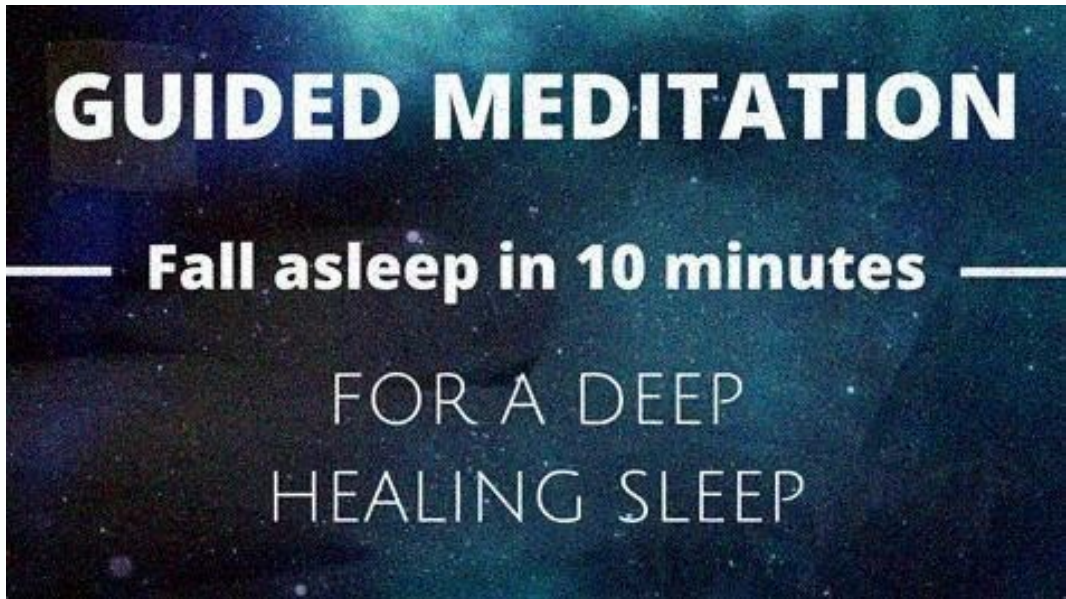
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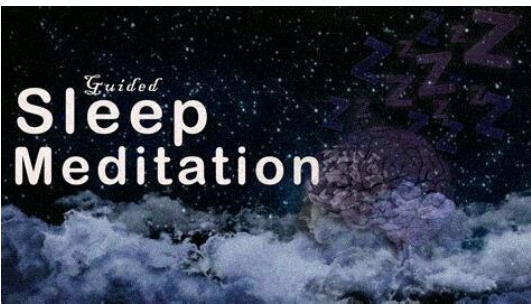
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Does guided sleep meditation work. Guided meditation for pain and sleep free on youtube. What is guided meditation for sleep. Top 10 guided sleep meditation.

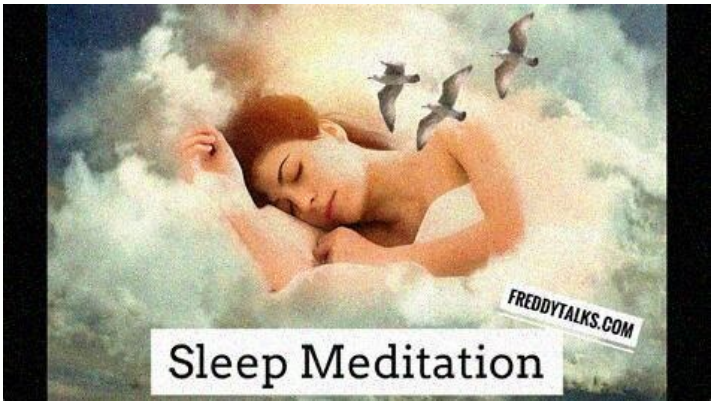
Mindfulness can help you sleep better by making you more aware of the present moment and less attached to your thoughts. To practice mindfulness for sleep, you need to be gentle and patient with yourself.



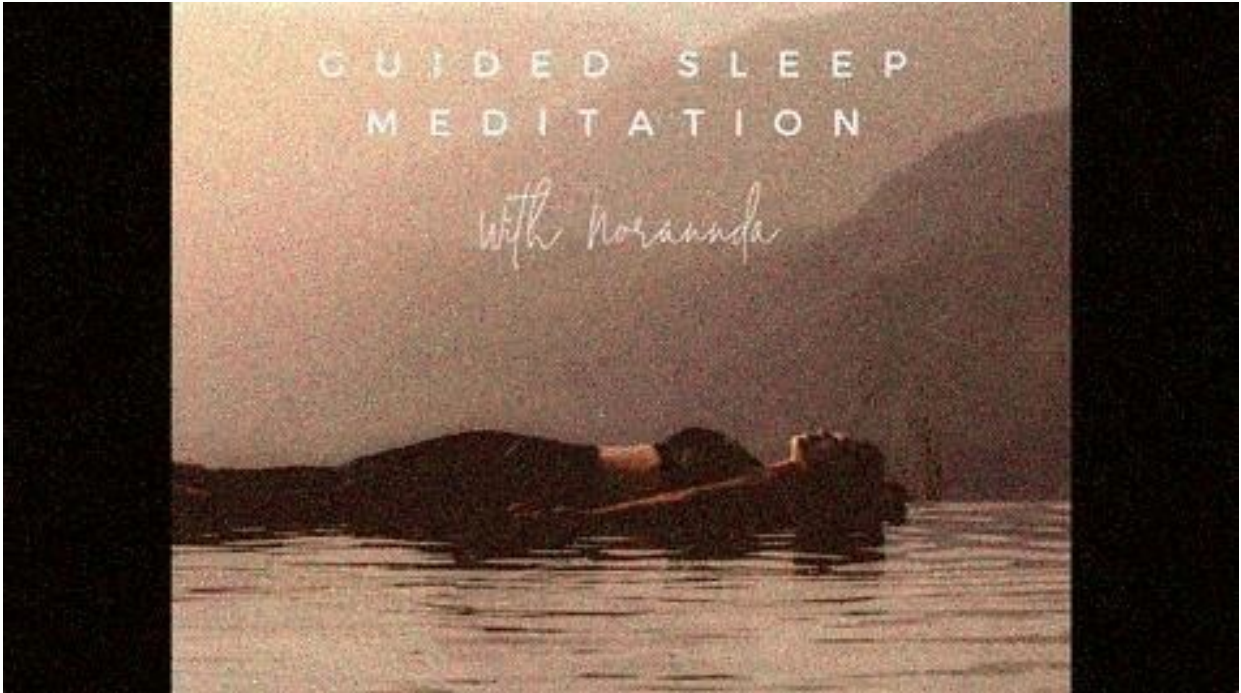
Don't try to force yourself to sleep or to have a perfect meditation. Just observe your breath and your body sensations, and let go of any distractions or judgments. You may find that you fall asleep naturally as you relax and calm your mind. This article will guide you through a simple guided meditation for sleep on YouTube that you can do in bed. There is no need to follow any instructions at the end, just continue to practice or enjoy your sleep. To begin, lie down comfortably and let your legs rest apart. You can put your arms by your side or your hands on your belly. Notice your breath and how it moves your body. You can focus on the rise and fall of your belly, or the air flowing in and out of your nose and mouth. It's normal to have many thoughts, especially about the past or the future. Don't worry about them, just acknowledge them and let them go. Label them as "thoughts" and return to your breath.



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gentle waves and music to help you relax before bed. - Fall Asleep So Fast by Lauren Ostrowski Fenton (1 hr. 17 min.): This meditation has positive affirmations and dreamscape music to boost your self-esteem and sleep quality. - The Happiness of Your Higher Consciousness by Kim Carmen Walsh (33 min.): This meditation helps you connect with your higher self and feel happy and peaceful. If you are looking for some guided meditation for sleep on YouTube, you might want to check out these 10 videos. They are designed to help you relax, unwind, and fall asleep peacefully. 1. Fall Asleep Fast by The Honest Guys Length: 22 min. This is a simple and effective meditation that helps you fall asleep fast. The voice is gentle and soothing, and the music is soft and relaxing. You just need to follow the instructions and let go of any thoughts or worries. 2. Sleep Hypnosis for Anxiety and Depression Healing by Michael Sealey Length: 50 min. This is a hypnosis meditation that helps you heal from anxiety and depression while you sleep. The voice is calm and reassuring, and the music is ambient and tranquil. You will be guided to release any negative emotions and embrace positive ones. 3. Guided Meditation for Detachment from Overthinking by Jason Stephenson Length: 42 min. This is a meditation that helps you detach from overthinking and obsessive thoughts. The voice is warm and friendly, and the music is soothing and serene. You will be guided to relax your body and mind, and to observe your thoughts without judgment. 4. Blissful Deep Relaxation by The Honest Guys Length: 18 min. This is a meditation that helps you experience blissful deep relaxation. The voice is gentle and comforting, and the music is peaceful and harmonious. You will be guided to feel a sense of joy and happiness within yourself, and to enjoy a deep and restful sleep. 5. Cultivate Self Love While You Sleep by Nicky Sutton Length: 2 hrs. This is a meditation that helps you cultivate self love while you sleep. The music is warm and loving, and the voice is soft and tender. You will hear affirmations that will touch your heart and make you feel loved and worthy. 6. Perfect Deep Sleep Talk down by The Honest Guys Length: 30 min. This is another meditation that helps you achieve perfect deep sleep. The music is slow and soothing, and the voice is relaxing and calming. You will be guided to let go of any tension and stress, and to drift into a deep and peaceful sleep. 7. Guided Meditation for Sleep and Healing by Meditation Vacation Length: 40 min. This is a meditation that helps you sleep and heal. The music is dreamy and relaxing, and the sounds are natural and soothing. You will be guided to a beach at night, where you can enjoy a bonfire and feel the healing energy of the ocean. 8. Deep Sleep Meditation with Affirmations by PowerThoughts Meditation Club Length: 1 hr. 44 min. This is a meditation that helps you boost your self-esteem and overcome your fears. The music is calm and relaxing, and the voice is soothing and reassuring. You will hear affirmations that will empower you and make you feel confident and strong. The voice will fade out after a while, and the music will help you fall into a deep sleep. 9. Deep Sleep Guided Meditation by PowerThoughts Meditation Club Length: 1 hr. This is a meditation that helps you calm your racing mind and fall asleep easily. The music is soothing and relaxing, and the voice is slow and gentle. You will be guided to follow the voice and slow down your mind, and to enter a state of deep relaxation and sleep. 10. Guided Meditation for a Deep Peaceful and Calm Sleep by Meditation Vacation Length: 47 min. This is a meditation that helps you achieve a deep peaceful and calm sleep. The music is serene and relaxing, and the voice is gentle and soothing. You will be guided to use your imagination to calm your body and mind, and to enjoy a restful and refreshing sleep.. Meditations with Hypnosis Hypnosis can help you change your subconscious beliefs and habits. When you meditate, you are more open to new ideas and affirmations. These meditations can help you improve your sleep quality by healing your mind and body, and reducing stress and anxiety. Here are some of the best guided meditations with hypnosis on YouTube: - Deep Sleep Hypnosis for Mind Body Spirit Cleansing by Michael Sealey (1 hr. 30 min.): This meditation uses gentle music and imagery to heal your inner self while you sleep. - Sleep Talk Down Guided Meditation by Jason Stephenson (1 hr. 2 min.): This meditation uses hypnosis to induce deep sleep. The music is soothing and relaxing. You can listen to this meditation until you fall asleep. - Guided Sleep Meditation by Jason Stephenson (50 min.): This meditation helps you release stress and anxiety with guided imagery and calming music. It relaxes your body and mind for a restful sleep. - Sleep Hypnosis Meditation Female Voice by Soothing Music Relaxing (3 hrs.): This meditation uses a female voice and hypnosis to guide you into a deep sleep. The music is dreamy and tranquil. It makes you feel like you are floating in the air. - Hypnosis with Subconscious Programming To Fall Asleep by Nicky Sutton (1 hr. 16 min.): This meditation helps you relax your body in the first 18 minutes. Then, it uses affirmations to reprogram your mind for a deep sleep. Unguided Relaxation Meditations If you prefer unguided meditations, you can also find some great recordings of relaxing music, nature sounds, or both. These sounds can help you associate sleep with relaxation. You can play these meditations softly in the background as you go to sleep. Here are some of the best unguided relaxation meditations on YouTube: - Aura Cleansing & Balancing Chakra by Meditation and Healing (8 hrs.): This video plays soothing music that can help you cleanse your aura and balance your chakras while you sleep. - Dreamscape Music for Relaxation and Sleep by Peaceful Productions Studio (6 hrs.): This video plays soft music that uses Delta waves, the brain waves associated with deep sleep. It can help you fall asleep faster and sleep better.. Guided meditation for sleep on YouTube can help you fall asleep faster and stay asleep longer. Here are some of the best ones to try: 18. Deep Sleep Music: Ocean Waves and Relaxing Music by Soothing Relaxation Length: 3 hrs. This meditation blends relaxing music and ocean waves to create a peaceful atmosphere for deep sleep. 19. Gentle Night Rain Sounds for Relaxing Sleep by The Relaxed Guy Length: 3 hrs. This meditation is simply the sound of gentle rain, which can calm your mind and body. 20. Angelic Music with Affirmations for Sleeping & Healing by Jason Stephenson Length: 2 hrs. This meditation features soothing music and positive affirmations in a soft voice to help you sleep and heal. The Bottom Line If you have trouble sleeping, don't worry. These guided meditations for sleep can help you relax your mind and make sleep easier. You just have to listen and let go. Sleep is important for your health and happiness. Enjoy these meditations and enjoy your life. About this deep sleep guided meditation (Image credit: Jason Stephenson) Jason Stephenson's Floating Among The Stars is a popular sleep meditation on YouTube with over 14 million views. It's one of the best deep sleep guided meditations you can find. I tried this meditation for a week and here's what happened: The first night, I followed my usual bedtime routine and got into bed. I played the video and listened to the relaxing music at the start. Then Jason's voice came in. He has a very calming voice, which is great for sleep. He asked me to close my eyes and pause my mind. This was hard at first, but I tried to focus on his words. He guided me through a visualization of floating among the stars, which was very relaxing. I don't remember when I fell asleep, but I woke up feeling refreshed.