

Lora Sasiela, LCSW, BCD

80 East Eleventh Street • New York, NY 10003 • 917.673.3867
13 West River Road • Rumson, NJ 07760 • 848.218.6381
www.lorasasiela.com

Hypnotic Sleep Induction Exercise

Prepare for sleep as you normally would, bearing in mind that this technique is most effective with minimal [or no] outside distractions, i.e. television or radio. The darker the room is the better. When you feel totally settled in and completely comfortable, allow your eyes to close and take two very deep breaths. Then...

- Imagine yourself standing before an enormous blackboard that extends from the ceiling to the floor. In your dominant hand you are holding a chunky piece of white chalk; in your other hand you are holding an eraser.
- See yourself draw a very large circle on the blackboard, as large in circumference as the full stretch of your arm allows [without straining].
- Just to the left of the center circle, draw the number one [1]. Just to the right of the number one, write the words DEEP SLEEP.
- Next, see yourself place the chalk on a point anywhere on the circle, and retrace it a full 360 degrees, returning to the point from which you originally started.
- Now erase the number one, and write the number two [2].
- Once again, place the chalk on the same point on the circle as before, and retrace the circle a full 360 degrees.
- Erase the number two and write the number 3.
- Again return to the same point on the circle and retrace the circumference. Erase 3 and write 4.
- Continue this procedure [5, 6, 7, etc.] until you fall asleep. Most people never make it past 7.

Please Note: If at any time you find yourself adrift in unrelated thoughts or images, simply return to the last number you remember writing, and begin again from that point.