

Guided Meditations for Sleep



Sleep Problems?

If you struggle with sleep, you're not alone. One of the largest reasons for insomnia or sleeplessness is an overactive mind. And before you get a prescription to knock yourself out, perhaps try addressing the cause of the problem and learn to quiet your mind with [Guided Meditations for Sleep](#).

[The National Sleep Foundation](#) says that 45% of Americans report decreased daily function due to insufficient or poor quality sleep. [A 2013 Gallup Report](#) said that 2 in 5 Americans have chronic sleep problems. And if a chronic lack of sleep isn't bad enough, according to [statistics from Harvard Medical School](#), lack of good or sufficient sleep also inhibits learning and memory, and contributes to a host of other serious health problems.

Our species has survived, in part, because we are hardwired to anticipate threats before going to bed, historically a time when humans have been most vulnerable. But if during your brain's nightly safety-check, a thought or worry lingers, your brain starts processing it as if it were an actual threat.

Our Brains

Modern neuroscientists say, our brains aren't actually that good at knowing the difference between perceived and actual reality. A perfect example of this is when we our body responds to a nightmare or an intense movie. With a nightmare or movie, we maybe watching an image, not reality, but our

minds respond as if those scenes were real.



Sleep Problem

Similarly, as you are lying in bed playing the scenes of tomorrow's board meeting in your mind, your body responds as if you were there. With these scenes flashing in your mind, your body sends adrenaline throughout your system and before you know it, a thought about tomorrow's board meeting has caused your muscles and brain to become revved up and ready to act when we should be sleeping.

Guided Meditations for Sleep

However, knowing that our brains don't distinguish well between perceived and actual reality, we can leverage that function for our benefit. [Guided Meditations for Sleep](#) helps us to saturate our body and mind with [the body's natural feel-good chemicals](#) such as Dopamine, Serotonin, Oxytocin and Endorphins all of which can be triggered by visualizations and help you feel wonderful, as you fall into a deep and satisfying sleep.

It's so simple, that it seems too good to be true. Remember, our brains cobble together the best notion of reality primarily based on the information of our senses. We can evoke the power of our senses by simply conjuring the right image into our mind.



Give it a try. Close your eyes and picture breathing in a deep breath of warm, salty air on your favorite beach. Involve all of your senses: notice what you see at the beach, what you hear, taste, feel, etc. And before you can say Serotonin, you've just started those feel-good chemicals moving into your system, faster than taking a pill.

I lead students through a guided imagery process called a Sanctuary Practice. In it I guide you to vividly evoke your senses while senses in your most favorite place in the world. It's profound how powerful it is. It's like having a time share in paradise and you can teleport there whenever you want.

I invite you to give it a try and tell me what your experience was like. Use this as an effective way to allow your mind to rest and fall asleep.

[Click here to relax with the Sanctuary Practice](#)



Scott Moore is a senior teacher of yoga and mindfulness in New York City and when he's not teaching or conducting retreats, he writes for Conscious Life News, Elephant Journal, Mantra Magazine, and his own [blog](#) at [scottmooreyoga.com](#). Scott also loves to trail run, play the saxophone, and travel with his wife and son. Check out his [yoga retreats to places like Hawaii and Amalfi Coast](#) and his [Yoga Teacher Mentor](#)

[Program](#)