



Melt to Sleep

Essentials Package

INSTRUCTIONS

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Clear Minds
Hypnotherapy

MELT TO SLEEP ESSENTIALS PACK

Welcome to this journey of hypnotherapy with Clear Minds Hypnotherapy.

The Melt To Sleep Essentials package is designed for people who suffer with insomnia, poor sleep patterns and trouble switching off at night. It will help you control your sleeping patterns, de-stress and relax better. So, you can feel more refreshed with a healthier and more rested sleep routine.

There are hypnotherapy sessions, sleep stories and guided meditations included.

Listen to the sessions in the correct order to ensure you get the best results from this 4 week program.

You can create your own personalised plan after week 4 and listen to your favourite sessions when you need to fall asleep.

This is your personal journey, best of luck!

Melt to Sleep Sessions and Weekly Plan

There are two sessions to listen to each week. Listen to both sessions every night before going to bed - for seven consecutive days. You can play one after another or space them out and listen to them at different times of the day.

If you're limited for time just listen to one session a day. Select one and listen for four days, and the other for three.

Listen to the guided meditations - before or after the hypnotherapy sessions. Use them to drift off to sleep with.

In week 2 and 3, the two sessions: 'Golden Sleep Story' and 'A Chance Encounter' are sleep stories (not hypnotherapy sessions.) These are all the hypnotherapy sessions:

- Melt To Sleep
- Deep Sleep
- Drift To Sleep REM

From week 4 onwards you can choose your own preferred sessions and make a personalised plan that suits you.

WEEKLY PLAN	SESSION 1	SESSION 2	GUIDED MEDITATION
WEEK 1	DE-CLUTTER BEFORE BED	MELT TO SLEEP	MELT TO SLEEP MEDITATION
WEEK 2	DEEP SLEEP	A CHANCE ENCOUNTER	DEEP SLEEP MEDITATION
WEEK 3	DRIFT TO SLEEP REM	GOLDEN SLEEP STORY	MELT TO SLEEP MEDITATION
WEEK 4	LISTEN TO EACH SESSION ONCE	LISTEN TO EACH SESSION ONCE	DEEP SLEEP MEDITATION

It is important to remember when listening to hypnotherapy

These guidelines will help you get the best from listening to the hypnotherapy sessions:

Never use our sessions when you are driving, operating machinery or could be in danger should you fall asleep.

Do not use hypnotherapy if you suffer from epilepsy.

Do not consume caffeine and /or don't exercise for up to 2 or 3 hours before using the hypnotherapy sessions.

Use the bathroom before relaxing to listen to the sessions.

You may fall asleep during the hypnotherapy sessions as they work on your subconscious mind. In other cases, you may just feel relaxed.

It's preferable to listen to the hypnotherapy sessions in the evening or at night before bed as you'll be more susceptible to the cues of relaxation. This will depend on your schedule.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

Find a quiet and comfortable spot to lie down, like on the sofa or bed. You can also sit upright with your head supported if you want.

Make sure you will not get distracted during the session- kids are in bed, television and radio are off; windows are shut. Switch your phone on flight mode or silent. Prepare yourself fully to avoid being disturbed when you're ready to start.

Use headphones (earphones, headsets or AirPods) for a better surround sound and listening experience. These will also help to minimise distractions from background noise.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

Make sure you focus on one topic at a time. Repeat each session for a few consecutive days to a week in order to get the best results.

Try not to listen to more than two hypnotherapy sessions a day plus one guided meditation.



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Website:

www.clearmindshypnotherapy.com

Facebook: /clearmindshypnotherapy

You can contact us via email at info@clearmindshypnotherapy.com or Facebook Messenger or Instagram

The Clear Minds Hypnotherapy Team



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