

Sleep Booklet for Hearst Sleep Well—Live Well Webinar Participants

It was very good meeting with you today. This PDF contains materials that will help you sleep well.

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2. Summary of the basic SleepEasy method 2 - 4
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- A. [Here is a link to a 30-minute recording of the final part of our session.](#)

This covers:

- How to use the SleepEasy method to fall asleep more quickly at the beginning of the night
- How to sleep more deeply
- How to use the method to fall back to sleep if you awaken too early
- How to create the feeling of inner safety that helps you sleep
- How to have your mind become quiet
- plus other helpful topics

Consider this recording to be the completion of our webinar, so **please listen to it sometime today**, and well before bedtime.

- B. With SleepEasy, we use an earplug, not for the usual purpose of blocking out sound, but to make it easier for you to inwardly hear the quiet sound of your Inner Sleep Breath, which gently pulls you into sleep. There are also three even deeper benefits that come from using an earplug that will help you sleep more easily and deeply. If you have earplugs, please use one tonight to make it easier to hear your inner sleep breath. If not, [here is a link to specialized, most comfortable earplugs, very different from regular earplugs.](#)
- C. Ultimately SleepEasy is a medication-free method. However, in the beginning, you want to use everything you can to help you sleep well as soon as possible. Attached to this email is a PDF with information about two highly effective supplements that can help with sleep.

You can also check out more information about SleepEasy at sleep easymethod.com

As seen in...



The SleepEasy App

As seen in...

MEN'S JOURNAL

DR. OZ
THE GOOD LIFE

SHAPE

HUFFPOST

INNOVATIONNEWS

Reader's
Digest

Sleep Review
THE JOURNAL FOR SLEEP SPECIALISTS

The SleepEasy Method has been developed over many years and is based on the neurophysiology of sleep, and how the mind and body naturally fall asleep. This treatment is self-directed and available to you via an app that you can use on your phone or other devices. This outline will guide you through how to get started and use the SleepEasy app.

You can [sign up for the SleepEasy web-app](#) for a 40% discount—\$47.99 for a year instead of the regular \$79. That is just 7.5¢ per night for better sleep! Your subscription gives you access to the web-based app which can be used on any device or phone - either Android or Apple.

If you have an Apple device, your web-based subscription will also give you access to an iOS version of the app. After signing up for the [SleepEasy web-app](#), click on this link to SleepEasy in the Apple App Store: [SleepEasy: Insomnia Therapy](#)

Use the email and password you created for the SleepEasy web-app, and this will also give you access to your app on your iPhone and Apple devices.

If you have any questions, please contact us at info@sleepeasymethod.com.

- After installation, on the first screen, you will find a list of over 35 different challenges. Select the challenges that apply to you, and the app will deliver personalized programs that are specialized for those challenges. You will find these suggested sessions in the My Recommended section of your home screen. These are supplemental sessions for you to listen to, that will complement the SleepEasy 14 Day Core Treatment Program. However, **first, go through the SleepEasy 14-Day Core Treatment Program.**
- **The main program: On your home screen click on SleepEasy 14-Day Core Treatment Program.** Each day has a brief Daytime session designed to give you new knowledge about your mind, body, and sleep. From your Programs screen, click on "SleepEasy 14-Day Core Treatment Program." In the next screen, the first Daytime Session is the Introduction (9 minutes), which gives you more insight into the SleepEasy Method and tips on how to best use the app. You can listen to your Daytime sessions any time during the day or before bedtime. If you had individual sessions with me, Daytime Sessions 2-4 review some of the material we covered in our sessions. Daytime Sessions 5-14 are new material.
- Each night, the Core Treatment Program gives you a Nighttime session you listen to when you want to sleep. Over the 14 nights you are guided through a sequence of three sleep recordings. These create within you a neurological pathway to sleep, helping you fall asleep or back to sleep more quickly and easily and sleep more deeply. On the screen with Day 1, you will see the button for listening to the *Sleep Essence* sleep recording. The Nighttime session recordings are in both a male and female voice.

- The newest version is the male voice (my voice). This contains innovations that have come into being in my working with clients over the past year. Please start with that version. The female voice version will be updated soon. IOS version: The first time, the More icon will be indicated by a popup tip.

Select *Program Voice / Extended Version*. At the bottom of the screen, choose “Richard Shane, PhD” and then click “Done.” That version is 22 minutes. On other nights, you can choose “Extended,” which repeats a long section, so is 36 minutes.

Android web-version: When you click on a sleep recording, at the bottom of the screen are voice choices. Choose Richard Shane, PhD. That version is 22 minutes. On other nights, you can choose “Extended,” which repeats a long section, so is 36 minutes.

The woman who speaks the female voice version has the voice of an angel, so after you’ve used my voice version some, then also experience her version, then use whichever you like, which can be different on different nights.

- In the More section you can also choose from 15 different Sleep Sounds to play in the background of the sleep recordings. You can adjust the volume of the background sound in relation to the voice. You can also set the background sound to continue after the voice has ended for whatever amount of time you wish. This is designed to support you to continue to experience the sleep process after the voice has stopped, easing yourself toward sleep.
- When ready for bed, go to your Programs screen. Click on “SleepEasy 14-Day Core Treatment Program,” then click on “Sleep Essence,” the first sleep recording. On the next screen, click on “Summary.” Reading that will give you a good understanding that will make the method even more effective and easier.
- When you use the sleep recording, please start it with the voice loud enough to hear, yet at a low volume. Then if you fall asleep during playback, the volume will be low enough to more readily disappear into the background.
- If you would like to review the information in writing, each Daytime Session contains a transcript button. Each sleep recording contains a summary button. Read that summary once a day for a few days. That helps you feel the sleep process more deeply, with or without the recording.
- Listen to the sleep recording through your phone’s speaker, so you don’t need to use wired or Bluetooth earbuds. If you sleep with a partner, the voice will be soothing and quiet on your side of the bed.
- Your phone will turn off a while after the sleep recording has stopped.
- If you have an earplug, please use one when listening to the recording because that will make it easier to hear and feel your Inner Sleep Breath and will help your awareness be deeper inside your body, which will help you experience the Sleep Essence process more deeply. If you don’t have the specialized very comfortable earplugs we use for SleepEasy, go to <http://sleepeasymethod.com/resources>, and click on earplugs and earplug instructions.
- After you begin Day One of the 14 Day Core Treatment Program, we encourage you to listen to the My Recommended recordings that can be found on your Home screen, and

also to review and listen to any additional programs found in the Programs tab. These programs include *Getting Back to Sleep if You Wake Up Too Early*, *Sleeping More Deeply*, *Inviting Your Mind to Become Quiet*, and much more. These sessions are designed to be listened to alongside with the SleepEasy Core Treatment Program.

- After you begin Day One of the 14 Day Core Treatment Program, we also encourage you to review the sessions on Sleep Hygiene listed in the Resources tab. These include recordings on topics such as caffeine, alcohol, smoking, diet, sunlight, exercise, bedroom, schedule, slowing down, naps, and more. These recordings on sleep hygiene help you have even better and deeper sleep. For ease of use, each of these sessions are only about two minutes in length.
- If you are using Sleep Medication, the app offers a specialized program found in the Programs tab, that makes it possible to gradually reduce and eliminate the need for medication without withdrawal. You should be under the supervision of your physician when reducing sleep medication. The first session of this program includes information you can share with your physician so they can make the best decisions about your sleep health with you.

Additional Tips for Using the SleepEasy App

When you want to sleep, it is best to not have your phone connected to cell towers. Put your phone on Airplane Mode so you're using your phone only as an audio player. Download the sleep recordings to listen to while offline.

Using your phone actively before bed (texting, emailing, being online) is activating, so don't use your phone actively for one hour before bed. With the app, use your phone only as an audio player.

Listen to the Introduction today. Then, if possible, listen to the first sleep recording today at a time well before bedtime. Certainly, the primary goal of the SleepEasy program is good sleep. However, on an even deeper level, it is simple forms of mind-body healing that are easy to understand and experience.

When listening without needing to sleep, you can examine it closely, so you feel confident in and trust it. For that, use the default version of the sleep recording. Then for sleep, I recommend you use the Extended version. After you have selected the sleep recording, in the upper right corner, click on the three lines "More" icon. In the next screen you will see Program Voice / Extended Version – Change.

The app has over 130 recordings. Briefly scan through the Programs and Resources sections and listen to any sessions whose titles attract your attention or curiosity. These daytime recordings are meant to educate and empower you and are easy to understand and put to use. Consider these to be a useful resource that will continue to provide benefit in your life and make sleep even easier.

The SleepEasy app has been over 25 years in the making. You will find it simple, effective, and it will transform your life, because good sleep is truly life changing.

SLEEP EASY PROCESS - SUMMARY

There is no need to use all the elements of this process—just whichever ones are easiest.

You don't have to do this in any one way—do it in your own way.

Consider using one earplug as it makes it easier to hear and feel your Inner Sleep Breath, and to have the feeling of being inside yourself, protected and safe.

BEGINNING

If you wish, place one hand on your chest to begin to comfort your heart.

Let your thoughts be whatever they are. Thoughts will become naturally quieter.

Take a few deep, relaxing breaths.

Let your body, head, and neck sink more deeply into the support beneath you.

If your heart is ever beating too quickly or strongly, this process gives you an easy way to calm your heart.

This process will give you a safe inner place to go to—to sleep in, a safe haven, away from the concerns of life. Sleeping well will give you more strength and clarity to take care of concerns during the day and live well.

If you need to swallow, or your mind drifts, or you have any discomfort in your body, mind, or emotions, simply bring your awareness back to the sleep process, and tension will begin to dissolve by itself.

TONGUE, JAW, THROAT

If your tongue is pressed against the roof of your mouth, or your teeth, allow your tongue to relax and feel softer. It can rest anywhere in your mouth, even lightly touching the roof of your mouth or your upper or lower teeth, just not pressing.

Allow a few yawns to happen, and with that, your throat can begin to feel a little more open.

While your lips may be touching, allow your lower and upper teeth to separate a little.

If you are creating any suction in your mouth, just let that go.

If you have any tension in your jaw, no need to try to make your jaw relax. Your tongue is above your jaw. Allow your tongue to relax some. Your throat is below your jaw. Allow your throat to relax some. Then your jaw, in between, begins to relax by itself.

INNER SLEEP BREATH

Simply breathe normally, and as you inhale, air flowing effortlessly in through your nose or mouth, gently flowing down along the back of your throat, and into your lungs. As you exhale, air flowing from your lungs, gently flowing up along the back of your throat and out your nose or mouth.

This starts as a feeling, and then gradually you can hear the quiet inner sound that comes from the flow of your breath in your throat.

Breathe a little more deeply and in your own way deliberately direct the flow of air to gently rub along the back of your throat. You will likely hear an inner sound that comes from that. Do this only

for a short period of time to feel connected with that sound and feeling. When you wish, allow the inner sound to become quieter. Loud enough to still hear easily, but quiet enough so it feels easy.

It might be like the sound of a quiet breeze, or distant ocean, or the sound inside a seashell, or like a quiet hum or whoosh. Whatever sound happens by itself.

If you've had ringing in your ears, listening to the quiet, lower pitch sound of your Inner Sleep Breath—that helps quiet the ringing.

This is your Inner Sleep Breath. This is also the feeling and sound of your breath when you feel safe.

The feeling of your breath gently flowing along the back of your throat, and the quiet inner sound that comes from that, is like a switch in your nervous system that gradually calms your mind, emotions, and body.

BREATH-HEART

Now as you just breathe normally, Gently feel the rise and fall of your chest.

That can become the feeling of movement of your breath inside your chest.

Your breath is in your lungs and your lungs wrap around your heart. So, the soothing feeling of your breath in your lungs Wraps around your heart with a feeling of comfort, protection, and safety. Like gently and lovingly hugging your heart

EXHALE INWARD SOOTHING DEEP IN CHEST OR ABDOMEN

As you exhale, the surface of your chest moves inward toward deep in your chest, and your quiet Inner Sleep Breath, softly flowing comfort deep into your chest and heart, nourishing, softening, and dissolving discomfort. Gradually soothing and calming your abdomen.

PAUSE

Feeling your breath especially toward the end of your exhale. Sometimes allowing a small pause to comfortably and naturally happen at the end of your exhale. As you exhale, and sometimes in a pause, Inner Sleep Breath comfort beginning to flow even more deeply into your chest and abdomen, soothing, calming.

CALMNESS SPREADING TO OTHER BODY SENSATIONS

Calmness in your breath and heart gradually spreading through your nervous system to any body sensations, soothing and calming those body sensations. As body sensations begin to calm, even just a little, that gradually calms your body, mind, and emotions toward sleep.

THOUGHTS DISSOLVING

Thoughts melting into softness, spacious, drifting away.

MIND RESTING IN THIS SAFE INNER PLACE INSIDE YOU

Softly resting in calmness deep in your chest and abdomen, like resting on a soft pillow inside you. Your mind likes being in this safe, inner place inside you. Safe and protected from the outside world, away from everything else.

EASING INTO SLEEP

The deeper level where you can rest, leaning into sleep, opening the pathway to sleep within you, coming back home, ease, softness, relaxed, peaceful, it's safe to rest, gently letting go into Trust

As the talking comes to an end, if you are not all the way to sleep, it's alright. Simply continue to feel your breath and heart connecting with ease and comfort, and that will bring you closer and closer to gentle, peaceful sleep. Allowing any thoughts to drift away. Easing closer to sleep.

* * *

If you awaken too early, use this method, with or without the recording, to fall back to sleep.

Even when you don't fall asleep or back to sleep as quickly as you would like, rest in calmness deep in your chest or abdomen. That is restful and satisfying and opens your inner pathway to sleep.

During the first week your intention is simply to feel a beginning of improvement—that will be a relief. In your second week, you benefit from a second sleep method that goes to an even deeper level.

NATURAL SLEEP SUPPLEMENTS

INTRODUCTION

Even if you've tried the usual sleep supplement you can get in a natural food store, this paper contains information about highly effective sleep supplements you've likely never heard of.

Ultimately Sleep Easy is a medication-free method. However, in the beginning, you want to use everything you can to help you sleep well as soon as possible.

In this session I will be sharing information about two highly effective supplements that can help with sleep—in a way that is very different from all other sleep supplements.

If you've previously tried sleep supplements and they weren't effective, here's one possible reason why: When you're anxious, a sleep supplement needs to use some of its potency to first calm your anxiety, so it doesn't retain as much potency to get you to sleep. However, when you use the Sleep Easy method along with the supplement, Sleep Easy calms your anxiety and eases you towards sleep, so the supplement retains its potency to further help calm you toward sleep.

Because we want to get you sleeping well and as soon as possible, consider trying one of these supplements soon in combination with the Sleep Easy method. This combination will help you achieve your goal more easily and deeply.

As you continue to use the Sleep Easy method, you'll then be able to gradually reduce and eliminate the need for a sleep supplement. In this session, I'll give you simple steps on how to comfortably do that. Then you can reserve the sleep supplement for if you are experiencing a particularly stressful or challenging time or event.

If you're currently using pharmaceutical sleep medication, the Sleep Easy program provides you with an easy way to gradually reduce and eliminate the need for pharmaceutical sleep medication, often with no withdrawal symptoms. Near the end of the process of reduction, it can be useful to use a natural sleep supplement to replace the pharmaceutical sleep medication. After you've eliminated the need and use of sleep medication, you then can gradually reduce and eliminate the use of the sleep supplements.

Do not use either these supplements during pregnancy or lactation. If you are currently taking pharmaceutical medication and wonder if it is okay to take these supplements along with your medication, it seems that would be okay, but no studies have been done on that. If you are concerned you have a condition that would indicate you shouldn't take this supplement, consult with your physician or healthcare provider in advance. I am presenting information for you to consider. It is your choice if you want to use this or any supplement. If either of these supplements has any undesirable side effects—and that is very, very rare—immediately discontinue using it.

REDUCING CORTISOL MAKES IT EASIER FOR YOUR BODY AND MIND TO SLEEP

When people have trouble sleeping, sometimes it is accompanied by feeling “tired, yet wired” which interferes with sleep. This wired feeling comes from the adrenal glands secreting too much cortisol, the hormone your body creates when you are stressed or anxious. This contributes to feeling tension and hyper-alertness.

At night, cortisol production should be at its lowest level. When people awaken too early, it is often because of a spike in their cortisol levels.

I am recommending two very effective sleep supplements. I suggest that you begin with the first one first.

PHOSPHATIDYLSERINE

Many sleep medications and supplements try to create a sleepiness to “override” your anxiety and high cortisol. Phosphatidylserine, or “PS” for short, works from a very different principle. Instead of attempting to overcome anxiety and cortisol, phosphatidylserine reduces cortisol, thereby removing the blockage to your naturally occurring sleep.

When you search online, you will find much information, including many research studies, about phosphatidylserine’s ability to reduce the level of cortisol. That reduces stress and anxiety, making it easier to sleep.

You can get phosphatidylserine, or PS, at most natural food stores or online. The most economical brand we’ve found is MRM, available on Amazon. For proper spelling of phosphatidylserine, simply click on the transcript button on your screen. It’s best to get PS in 100 mg capsules so you can tailor the dosage that is best for you.

The bottle label will likely mention phosphatidylserine’s ability to support a healthy mood, and the label suggests taking it during the day. However, phosphatidylserine is a superb supplement to reduce cortisol at night to help with sleep. Take this at nighttime, not during the day. When you sleep better, that will support a healthy mood better than any supplement.

Phosphatidylserine can be taken prior to going to sleep, or in the middle of the night or early morning if you awaken early.

Conduct an Internet search and you will discover people are using much higher dosages than the minimum dosage recommended on the bottle label. Start with 300mg to feel a noticeable reduction in cortisol and stress. That dosage may make you feel groggy when you finally awaken to start your day. However, it will be good that you slept better and longer. The next night, try reducing your dose to 200mg and the following night 100mg. Find the right dosage until you feel the benefit of PS without any residual morning grogginess.

If you fall asleep easily but your challenge is that you wake up too early, don’t take the phosphatidylserine at the beginning of the night. Take it when you wake up too early. If taking 300 mg at that time makes you feel a little groggy in the morning, then reduce dosage to 200 or 100 if needed.

When you take the phosphatidylserine capsule, do not just wait for the supplement to take effect. After you take the capsule, use the Sleep Easy method to help you ease toward sleep. The supplement offers a “safety net” of support, which allows you to deepen your experience and confidence in how the Sleep Easy method helps you sleep. Over time, the need for supplements will then gradually fall away. You can then gradually reduce your use of supplements, by following the guidelines I’ll mention in a moment.

Previously, some of your increased level of cortisol came from being anxious that you might have difficulty falling asleep or falling back to sleep. As you deepen your confidence in your ability to sleep well with the Sleep Easy method, that will reduce your cortisol level, which then reduces the need for phosphatidylserine.

If phosphatidylserine primarily acted in a way similar to a sedative, it would not be good to take simultaneously with pharmaceutical sleep medication. However, phosphatidylserine acts on a principle very different from sedatives. By reducing cortisol, it is reducing the “blockage” to sleep. Because it is acting on a principle very different from sedatives, people consider this to be safe to take at the same time you are taking pharmaceutical sleep medication. This will help you begin to comfortably reduce your level of sleep medication. When ready to do so, please listen to the SleepEasy app program, *Sleep Medication Reduction*.

Do not use alcohol while you are using phosphatidylserine. If you previously used alcohol to help you sleep, you will find phosphatidylserine more effective, so you won't need alcohol.

[Phosphatidylserine on Amazon](#)

SLEEPY NIGHTS

For awakenings anytime in the night, including awakenings that are closer to the time you desire to finally awaken to start your day: Along with this new sleep process, I recommend using [Sleepy Nights](#), a special blend of herbs to help you fall asleep or fall back to sleep. The bottle recommends, “Use 3 ml (two droppers) right before bed or upon unwanted wakefulness. If not asleep in 10-15 minute, repeat (up to four times in a row).” My recommendation: If you do repeated dosages, once you have found the number of dosages to be effective, then add the total amount you used and use that all in one dosage the first time. Because of the particular herbs in this formula, you won't experience a hangover, even if you awaken 90 minutes later to start your day. If you do feel any residual effect of the formula, it will be very minor and certainly much better than the discomfort from not enough sleep.

SLEEPING WELL WITHOUT SUPPLEMENTS

When you are ready to have your first night sleep without the aid of supplements, place the supplement dose on a surface near your bed, along with a glass of water. This will be your backup, for peace of mind.

Use the Sleep Easy method, with or without the recording.

If you haven't drifted off to sleep within an hour, feel free to take the backup dose of the sleep supplement you placed near your bedside. This will enable you to take the backup supplement without needing to turn on the light and walk to get some water. These subtle, helpful bedtime behaviors further aid your body to ease into natural restful sleep patterns.

If you need or want to temporarily return to use this backup dose, you need not criticize yourself. You are on the path and are being guided by your own nervous system to proceed gently and slowly towards the ultimate goal of creating deep, long and rejuvenating nightly sleep patterns.

Knowing that you can take the backup supplement if needed can be a tremendous source of ease and comfort, which in turn can help diminish and wash away anxiety, and help you sleep better without needing the additional backup supplement.

When you have a night sleeping without the aid of supplements, if your sleep is not quite as good as with the supplement, but it's not a terrible night, give yourself another night without the supplement. That gives your body and mind the opportunity to become more comfortable with sleeping well without the supplement.

You are moving in the right direction.

By your third night, and if your sleep is not satisfactory enough without the supplement, or if your sleep is disturbed by increased stress, anxiety, then it's okay to use the supplement again. If you need to do so temporarily, be gentle with yourself. You are proceeding gradually toward your goal.

Then when you're ready, come back to sleeping free from the supplement. Sleep well!

Balancing Cortisol Production by Bringing Your Adrenal Glands Back to Health

When we are stressed, our adrenal glands get stressed. Over time, adrenal glands get depleted. The mainstream medical world doesn't agree that happens, but almost all alternative practitioners know that adrenal fatigue is real. Adrenal glands produce cortisol, the stress hormone. A healthy level of cortisol helps you function well but too much cortisol makes you feel wired. With healthy adrenals, cortisol production is highest during the day and lower at night. When adrenals are depleted, cortisol production spikes in the middle of the night, making it difficult to fall back to sleep.

Good sleep will help your adrenal glands come back to health. In addition, it is important to take a good adrenal supplement. Many supplements exist and the finest I have found is [Dr. Wilson's Adrenal Rebuilder](#). Dr. James Wilson is author of *Adrenal Fatigue: The 21st Century Stress Syndrome*. He recommends four caplets a day, so I suggest you get the large size of 150 caplets. The full bottle might initially seem pricey, but the full dosage comes out to only \$2 per day. You may want to also look around Dr. Wilson's website to learn about the other adrenal health products he offers, and the protocols he suggests.

Hearst Sleep Well-Live Well Webinar

Review of Webinar Content

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Goals

- To fall asleep more quickly and easily
- To sleep more deeply, so you sleep longer, with fewer unwanted awakenings. There is an explainable way to sleep more deeply.
- To fall back to sleep more quickly and easily
- How to have your mind become quiet—in a way that does not require meditation—it is much easier.
- How to calm anxiety in a way that is different from anything you've previously done, and is very effective and easy.

Like I may have said in our initial phone call, we've all had things that promised to be helpful, and then weren't, so it makes sense if you've built up some skepticism. In our sessions, I ask you to retain a healthy skepticism. Not so much that it blocks you, but you can have the attitude "Richard, prove this to me."

Sleep Medication

If you are currently using sleep medication, continue taking it this first week. Later in this session I will explain how you will be able to gradually reduce and eliminate the need for sleep medication—without withdrawal.

Tongue

The first body sensation switch is your tongue. With the tongue's fantastically intricate and microscopic motions, it is one of the most complex muscles in your body. As such, it has more nerves than most other muscles, so allowing your tongue to relax spreads relaxation through your nervous system.

Many people haven't previously been aware of their tongue, but what is true for many people is they press their tongue against the roof of their mouth or their teeth—like bracing against stress. However, pressing your tongue creates more tension and stress.

A brief exercise that will help you be able to allow your tongue to relax: This will take just 20 seconds, and you do it just one time here, not on the way to sleep.

Right now, make a fist and hold it tightly—and notice that it takes effort to keep doing that. (pause) Now allow your hand to open and relax. And that is not *trying* to make your fist relax—it is *less* effort to let go of tension.

It is like that with your tongue.

Right now, even with your eyes open, be aware of your tongue and allow it to relax a little, like allowing the fist to open and relax. Even if your tongue is already relaxed, you could allow it to relax and soften a little more. You don't *make* your tongue relax—you *allow* it. Even if you have an old habit pattern of tensing your tongue, realize it takes effort to keep tensing it, so you allow your tongue to relax.

Your tongue is connected to something called your vagus nerve which goes throughout your body. Calming your tongue calms your vagus nerve, which calms your body and mind.

As you read the remainder of this paper, periodically have part of your awareness notice your tongue. Anytime you notice your tongue is pressing, feel that it takes effort to do that, so don't try to make it relax—allow it to

relax. Even if your tongue already feels relaxed, you can allow it to relax some more. Feeling that through this session, you will become familiar with that feeling, which will make sleep easier tonight.

Throat

Regarding your throat, that's not as definite a sensation as with your tongue, yet it is definite and you can notice it.

Right now, allow a few yawns to happen. With that, your throat can begin to feel a little more open. Then you can stop yawning, and your throat can continue to feel a little more open. If your throat already felt open, then simply feel it.

A few minutes ago, you experienced that with your fist, you don't make it relax, you allow it to relax. Same with your throat—allow it to relax some.

Jaw

People often *try* to relax their jaw, but that is effort, and the effort increases the tension.

What you do instead is your tongue is above your jaw—allow your tongue to relax some. Your throat is below your jaw—allow your throat to relax some. Then notice how your jaw, in-between, almost automatically begins to become a little calmer.

Neck

Because your tongue and throat are deep inside your neck, relaxing your tongue and throat relaxes your neck from inside.

Rise and Fall of Your Chest and Abdomen

When you inhale and exhale, your chest rises and falls and that happens every time you exhale. You don't have to make it happen, you are feeling something that is already happening, which makes this easy and natural.

Sleep Breath

The *Sleep Essence* recording guides you through easy steps to be able to feel and hear your Inner Sleep Breath.

As you inhale, air flowing effortlessly in through your nose or mouth, gently flowing down along the back of your throat, and into your lungs.

As you exhale, air flowing from your lungs, gently flowing up along the back of your throat and out your nose or mouth.

This starts as a feeling, and then gradually you can hear the quiet inner sound that comes from the flow of your breath in your throat.

It's easier to hear with the earplug and yet it's a combination of feeling and hearing. Feeling is more important than hearing.

This is a special, soothing inner sound that gently pulls you toward sleep.

Most importantly, it feels natural—you're not trying to change your breath in a major way like other ways people recommend you breathe.

Movement of Breath Inside Chest

The next step in the method: As you breathe, without changing your breath, simply feel the rise and fall of your chest.

An important quality of this is every time you inhale and exhale, your chest rises and falls. You don't have to make that happen, you are feeling something that is already happening naturally, which makes this easy.

Feeling the rise and fall of your chest helps you have the feeling of breath moving inside your chest.

Exhale

As we review the next step we did, I want to guide you through something experiential that will involve about 30 seconds. One time here, you won't do this on the way to sleep.

Right now, put one hand on your chest and look at your hand. Breathe regularly and looking at your hand you can see that as you exhale, your chest moves a little inward toward deep in your chest.

Now put your hand down.

As you exhale, your chest moves inward toward deep in your chest.

Not the air moving out of you, but as you exhale, your chest moves inward toward deep in your chest.

That happens naturally every time you exhale. You don't have to make it happen, you are feeling something that is already happening, which makes this easy and natural.

Heart

Your heart is deep in your chest, so as you exhale, and your chest moves inward, that comfortable breath feeling is flowing inward toward your heart. Why is that helpful?

There are reasons for which your heart is the central element in your nervous system. The obvious evidence of this is when you're anxious or your mind is very active, your heart beats more quickly. When you're calm, your heart beats more slowly. We use that in reverse—deeply calming your heart calms your mind, emotions, and body.

Breath-Lungs-Heart

Your breath is in your lungs and your lungs wrap around your heart, so the soothing feeling of your breath in your lungs wraps around your heart with a feeling of comfort and protection.

Notice how this is not making up some random visualization. Your breath *is* in your lungs and your lungs *do* wrap around your heart, so you are feeling something that actually exists.

Calming your heart begins to calm your mind, emotions, and body.

Broadening this sleep method to address PTSD: There are so many ways of treating PTSD, but something to be used on the way to sleep, has to be very simple. We use the realization that the physical feeling in your heart is affected everything that has happened in your past and in your present life. So you could say that the feeling in your heart is like a microcosm of your life.

You feel your breath in your lungs and your lungs wrap around your heart in the same way a parent would hold a frightened baby. That helps calm the PTSD in your heart, and that calmness spreads through your nervous system, mind, emotions, and body.

Abdomen

As we review the next element in the process, let's also do something briefly experientially. It will involve just 30 seconds and have your eyes open. You don't do this on way sleep. Once again, place one hand on your chest and look at your hand.

Something you felt a moment ago: As you exhale your chest moves inward toward deep in your chest.

As you continue looking down at your hand, you'll see that as you exhale, your chest also moves a little downward toward your abdomen. It might be subtle, even just 1/8", but it's definite.

As you exhale, your chest also moves a little downward toward your abdomen,

This is another example of feeling a body sensation that naturally happens - not trying to make something happen.

This is very different from traditional abdominal breathing, where people puff up their abdomen as they inhale.

On the way to sleep or back to sleep, as you exhale, that small downward motion softly flows comfort down into your abdomen.

Think about how we talk about sleep—we *fall* asleep, a downward term. When you exhale, there is a small downward motion inside your torso. That gently pulls you down out of your head and down toward sleep.

Pause at the End of Your Exhale

The next step in the method is feel breath toward end of exhale.

Sometimes allowing a small pause to comfortably and naturally happen at the end of your exhale.

The key is, don't make a pause happen. If one happens by itself, allow it. Whatever feels natural and comfortable.

When you're close to sleep, your breath will often naturally pause at the end of your exhale. So again, we're feeling something that naturally happens, you're not making something happen.

It's good to know the pause is desirable because for someone who doesn't know that, if they sense a pause, they might think that shouldn't happen, then they inhale right away, and in doing so interrupt the path of easing toward sleep.

Again, you don't make a pause happen, but if it happens naturally by itself, you know it is good, so allow it to happen.

Calming Your Tongue, Heart and Abdomen

When people try to relax their bodies, they often try to relax their feet, legs, hands, and arms, which is relaxing the outer parts of your body. From what you experienced today, you are now able to calm your tongue, throat, breath, chest, heart, and abdomen, which is calming the inside of your body, so you are calming from the inside out, rather than the old way of calming from the outside in.

Earplug

Earplugs are usually used for blocking outer sound. With Sleep Easy, using an earplug has several deeper purposes.

When we have difficulty sleeping, it is often that we are in a state of hyperalertness. Going back all the way to when we were cave dwellers, when we went to sleep, we closed our eyes yet had to keep our sense of hearing active to sense for any predator animals. So, when we are in alert mode, our sense of hearing is active. By putting in one earplug and turning your hearing inward to your Inner Sleep Breath sound that neurologically helps calm your alert mode.

When your eyes are open, you are looking outside you. When you close your eyelids, your awareness is inside you. Our ears don't have earlids, like our eyes have eyelids, so that is the function of the earplug. Put one in and it brings your awareness inside you.

Here's how that's important:

Safety

A feeling that makes sleep easier is feeling safe. Not just external safety, like having your doors locked, but a feeling of being comfortable, protected, and safe inside yourself.

But if you have conditions in your life that are stressful, or you've had difficulty sleeping, how do you feel safe inside yourself?

Consider this example that I'm sure has happened in life: If you were outdoors in a storm, you might have to be braced. When you come inside, you can calm down, even though there still may be a storm going on outside.

So the key understanding is—indoors, protected from the weather.

When you feel movement inside your chest and abdomen, and possibly hear or feel your Sleep Breath inside you, feel your breath in your lungs wrapping around your heart, that brings your awareness inside your body, that creates a feeling of being protected and safe inside you, like being indoors, protected from the weather outside, away from other things in your life. Like having a safe, secret, sanctuary to go inside yourself.

Just that makes sleep easier.

Even if your body has been as source of discomfort or anxiety, with Sleep Easy you are able to create a feeling of comfort deep in your body and rest in that.

Also, your Inner Sleep Breath is the sound and feeling of how you breathe when you feel relaxed and safe. So breathing your Inner Sleep Breath neurologically creates a feeling of safety inside you.

Mind Quiet

I'll now talk about how this helps your mind become quiet.

I'll first use an unusual example, and it will soon make sense. When a bird flies, it flaps its wings. When it lands, it can rest. When your mind is busy, it's like "flying around," thinking about things in your life.

When you feel calmness deep in your chest and abdomen, your mind likes that feeling and rests in it, like resting on a soft pillow deep in your body. Your mind then becomes quiet because it's resting in comfort inside you—it's not outside you, flying around. When a bird lands, it can stop flapping its wings.

That's a very different approach to quieting the mind and this sleep process gives you an easy way to feel that. Easier than meditation.

So again, you don't try to quiet your mind. In the midst of mind being active, feel these comfortable sensations deep in your chest and abdomen. Mind likes that feeling, begins to rest in that, like resting on a soft pillow deep in your body. Mind then becomes quiet without you trying to make it quiet. When a bird lands, it can stop flapping its wings.

An Inner Safe Haven to Sleep in, away from the Concerns of Life

We want to be able to sleep well in the midst of stress. The *Sleep Essence* process makes this possible by giving you a comfortable feeling that is a safe, protected inner place to go to—to sleep in. A safe haven, away from the concerns of life. This is what makes it possible to sleep even when there are stressors in life around you. This is

not denial of external concerns. Sleeping well will give you more strength and clarity to take care of concerns during the day and live well.

Summary

When you listen to the Sleep Essence recording, on the screen for the sleep recording there is a button that says "Summary." Press on that and you'll get a summary of the sleep process in as few words as I can make it. Reading that, you will have this sense of "I understand this, it makes sense, it feels comfortable, easy, trust it, and I can do it."

This helps you benefit from the process more deeply when using the sleep recording and also makes it easy to use the process without the recording.

I recommend you read the summary once a day for a few days. That will make the sleep process even more effective with and without the recording.

Letting Yourself Fall Asleep, or Fall Back to Sleep, While the Voice is Still Talking

You can simply let the words wash over you and then gently fade away into the background as you ease closer and closer to peaceful, restful sleep. Even when you're in light sleep, a deeper part of your mind still hears the words. Knowing that the voice will go on for a while after sleep has come can be a comfort, helping ease you into deeper sleep.

Initially falling asleep

Use one earplug at the beginning of the night. In addition to helping you hear your Inner Sleep Breath, it gives you the feeling of being safe inside yourself, which will help you sleep more deeply in a way I'll explain in a moment.

If you usually fall asleep fairly easily at the beginning of the night and your challenge is more that you wake up too early, still use the recording at the beginning of the night. It has been proven that when we are in the first two stages of sleep we are still hearing. So even if you initially fall asleep easily, you will still be hearing some of what is in the sleep recording, as it will help you sleep more deeply and longer, and it helps you become deeply familiar with the sleep process.

In the sleep recording, the talking is quiet and slow. This does not rely on hypnotic suggestion. Quiet and slow is how you talk with someone when you are helping them sleep.

How this helps you sleep more deeply

Now we'll address how to sleep more deeply.

When you are sleeping lightly, there is likely some tension in your body. Then your mind, not wanting to feel that, gets active. Mind pulling away from body tension is a root cause of mental activity. Sometimes that is mind thinking thoughts. Other times, it's just like the mind's "switch is turned on." Body tension plus the mind's switch is on equals sleeping lightly.

We reverse that. Create comfort deep in your chest and abdomen. Your mind likes feeling that and rests in that.

It's a feeling of your mind and body coming back together in comfortable integration. That gets your nervous system to respond, "Ah, this feels good, this feels right." That calms your nervous system on a fundamental level and neurologically, that helps you sleep more deeply.

If Your Primary Challenge is Waking too Early

Right now, with your eyes open, allow your tongue to relax a little, gently feel the rise and fall of your chest and abdomen, feel your breath moving inside your chest, and make your sleep breath sound a little louder than you would for sleep. Loud enough to hear and feel easily.

Continue doing that as I talk some more.

If you wake up too early, as soon as you feel yourself beginning to awaken, do the same thing you are doing now—allow your tongue to relax, gently feel the rise and fall of your chest and abdomen, feel your breath moving inside your chest, and make your sleep breath sound louder than you would for sleep. Loud enough to hear and feel easily. That makes it so you don't become as awake as you would have otherwise. In the middle of the night, continue that even while walking to the bathroom.

Then back in bed, if you don't have an earplug in, put one in because in addition to helping you hear your Inner Sleep Breath, it gives you the feeling of being safe inside yourself.

To fall back to sleep, use the new recording. That does involve you having to do some steps on your phone, but pretty soon, that will become easy and quick.

Use the recording in the middle of the night for as many nights as you wish. After that, if you don't like using a recording in the middle of the night, use any of the elements of this process without the recording.

Resolving the pattern of early morning awakenings happens in two phases. In the first phase you still may be waking up too early, but you fall back to sleep more quickly, easily, and reliably.

That moves into the second phase in which you sleep more deeply and longer and have fewer unwanted awakenings.

You certainly want to get to that second phase, but when you're in the first phase, you will feel really good when you know you can reliably fall back to sleep. As you experience even small positive shifts in the patterns of your early morning awakenings, appreciate this as your progress deepens.

Don't pressure yourself to have to sleep straight through the night. If that happens, great. However, if you awaken in the middle of the night, you'll have a way to fall back to sleep more quickly and easily.

Without the recording

You can also use this method without the recording. When you do that, you don't have to use all the elements and you don't have to feel this in exactly the way the recording guides you. Use just whatever steps come easily. Then it feels like the easy path to sleep, not even a method.

When you use the method without the recording, try using two earplugs to give you an even deeper experience of being inside yourself, protected and safe.

I recommend using the sleep recording regularly for quite a while, then even when you use the method without recording, periodically return to using the recording because it feels so good to be guided.

Discomfort elsewhere in your body

Old way is try not notice it, but that involves mental activity that keeps you awake. Also when you try to not think about discomfort, you end up thinking about it.

Old way might be to try to calm it, and that involves effort that makes sleep difficult.

If you have discomfort anywhere in your body, that will make your heart beat more quickly. We're simply using that in reverse. Calm your heart and that spreads through your nervous system and begins to calm discomfort elsewhere in your body. Not necessarily completely calm, but enough to make sleep easier.

We pull away from discomfort and into thoughts, but that keeps you awake. Now you will have something to be aware of instead of discomfort, but not thoughts. Gently bring your awareness away from this discomfort and gently bring your awareness to the core body sensations of the Sleep Easy method—relaxing your tongue, throat, Inner Sleep Breath, calming deep in your chest and abdomen. These sensations in the core of your body are neurological switches and that comfort will spread through your nervous system to other areas of your body. The goal is not for discomfort to become completely calm, but just a little and that will make sleep easier.

Medication

The first screen of the app lists 35 different types of sleep challenges. If you are using sleep medication, on the first screen of the app, click on “Sleep Medication.” That will give you a program to gradually reduce and eliminate the need for sleep medication—without withdrawal. You won’t begin reduction the first week, but soon listen to the first recording titled Sleep Medication Reduction - Phase One: For when you’re still taking the full dosage. That creates the foundation for how the medication reduction process works, with many refinements that make this easy—all explained in a way that is clear and easy to understand. Please listen to that first recording within the next few days, as it will set you at ease to know how you’re going to proceed.

Refinements that Make Sleep Easier

- You don’t have to use all the steps of the method. Simply the ones you like best.
- You don’t have to do this in the way the recording guides you. Your body will find its own easiest way to feel this.
- You don’t need to concentrate.
- If your mind drifts, gently bring it back to any of the comfortable body sensations of this process. Without criticizing yourself for having drifted
- The goal is not to hear the entire recording each time. Your mind will drift some, so on different nights you’ll hear different parts of the recording. That makes the sleep process even more effective.
- The intention is not for you to fall asleep or back to sleep while the voice is talking. That would be too much pressure. Instead develop a feeling of comfort deep in your chest and abdomen and your mind rests in that feeling, like resting on a soft pillow inside you.
- After the recording has ended, continue using any of the elements on your own to ease closer and closer to sleep.
- *You can let go of the pressure to fall asleep or back to sleep very quickly*, because even if you are not yet all the way to sleep, you feel comfort deep in your chest and abdomen and rest in that, like resting on a soft pillow inside you. That feels good and healing, easing toward sleep. That reduces anxiety about not yet being asleep, which then makes sleep easier.
- 20 minutes

Some other sleep methods recommend if you are not asleep in 20 minutes, get up. They say that because they don’t want you to lie in bed anxious.

Even if you don’t fall asleep or back to sleep as soon as you’d like, you can have the feeling of comfort deep in your chest and abdomen and rest in that. That is a comfortable connection between your body and mind that feels good and healing. That reduces anxiety about not yet being asleep, which then makes sleep easier.

So with Sleep Easy, don’t get up in 20 minutes.

If you are still not asleep after a long time, it's okay to get up and engage in a quiet activity that is not stimulating.

While you are doing that, allow your tongue to relax and gently feel your breath moving in your chest and abdomen in the comforting way you've been using in the sleep process, so you will be calming yourself toward sleep even as you are doing a quiet activity.

- Previously, your mind sometimes added a reaction, some form of "I don't know what to do" and that made things worse. Now you have a simple and effective "what to do," which calms that old reaction.
- Another refinement that will help: The goal is not that sleep is always necessarily easy, but that it feels **doable**. I use that word deliberately. Even if sleep is not yet as easy as you want, progressing from difficult to doable is an important step that feels good.
- Even when sleep is challenging, and you are able to use the method to create even a little comfort deep in your chest and abdomen, and rest in that, that strengthens your ability to sleep, deepening the neurological pathway to sleep inside your body making sleep easier on future nights. So then even challenging nights are useful—like strengthening your sleep muscle.
- Tonight, your first night, have your intention be not great improvement in your sleep, but even the tiniest improvement. That removes any pressure.

With what you know today, you will experience at least a tiny improvement in your sleep for your first night.

- Tomorrow morning you might think, "I didn't sleep as good as I wanted, but I did sleep a little better than I had been." This comes down to the old adage, Is the glass half empty or half full? Tomorrow morning appreciate any even small improvements and those will deepen.
- As you continue to use Sleep Easy, you will experience more and more nights of good sleep.
- You need not evaluate your progress based on how you slept on a single night. Consider the average of a number of nights to evaluate how you are moving in a good direction.
- You will feel great relief when your sleep is completely better. However, you don't have to wait for that because you will also feel great relief when your sleep just *begins* to improve.
- People often try to find a comfortable body position. With Sleep Easy, you're able to create comfort deep inside you and that spreads through your body so you can be comfortable in various body positions. That's easier than the old way of trying to find a comfortable body position.
- During your next phase of gradually sleeping better, don't pressure yourself with expectation that all nights will be better. Sometimes it's a number of nights improved and then sometimes a more challenging night. What you're after is for gradually more and more nights to be better. However, it's helpful to leave room for occasional challenging night.
- If you can identify what led to having a challenging night, great. If not, it's simply part of your gradually developing your ability to sleep better.
- You need not evaluate your progress based on how you slept on a single night. Consider the average of a number of nights to evaluate how you are moving in a good direction.
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occasional challenging night. If you can identify what led to having a challenging night, great. If not, it's simply part of your gradually developing your ability to sleep better.

- I want to mention a word people often think at this point, "I need to practice this." No, this doesn't take practice because practice implies effort, like a kid having to practice music lessons. Instead, simply use, feel, and enjoy the method. Even if it initially doesn't yet feel as easy and effective as you'd like, continue to gently feel the method and it will gradually feel even easier and more effective.
- The app recording, and your phone, will shut off by themselves after the recording is over.