



# Falling asleep easily: Get Deep Sleep with a Guided Imagery Program by the Sea and the Progressive Muscle relaxation

*Franziska Diesmann, Torsten Abrolat*

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## **Falling asleep easily: Get Deep Sleep with a Guided Imagery Program by the Sea and the Progressive Muscle relaxation** Franziska Diesmann, Torsten Abrolat

You find no way into sleep? Your body is restless? Your thoughts circle around constantly after you closed your eyes? To fall asleep more easily SyncSouls developed a combination of a short guided imagery program - a relaxing picture - and an approved relaxation method - the progressive muscle relaxation. This audiobook can help you find mental and physical calm and to gently glide into a restful sleep.

Beautiful, relaxing pictures are combined with an effective and valid relaxation technique: You will get a short guided imagery program with a following progressive muscle relaxation which will guide you in a deep state of relaxation and finally into a deep sleep. The sound of the ocean is combined with a smooth, well-sounding and easy to grasp relaxation music. The careful balancing of the spoken words, the music and the sound of nature intensify the soothing impact on your body and mind.

The sound of the ocean and the spheric music linger on past the relaxation exercise, keep you in your personal state of relaxation and let you fall asleep gently and weightlessly - if you are not already in the arms of Morpheus.

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