

Relaxation Sequence for Sleep (“5-4-3-2-1”)

[Note: If, at any point in this exercise, you lose-track of where you are in the process, start over at step #3. If you get to step #17 and complete it, return again to step #3.]

1. Lay down in a position that is comfortable for you.
2. Close your eyes and settle-in, breathing slowly and naturally.
3. Watch the swirling shapes that you see under your eyes (still closed). Pick out images as they emerge, in the same way that you did with clouds in the sky when you were a child. Do this until you have seen/identified **five** shapes (e.g., an animal, a face, a car, a window, a frisbee)
4. Now listen to your surroundings and pick out the first **five** things that you hear (e.g., the humming of a fan, the clicking of a radiator, your own breathing, the purring of a cat that is snuggling with you, distant noises from cars driving by outside or planes flying overhead)
5. Now think about your sense of touch. What are the first **five** things you can feel? Things like the weight of the blanket on your skin, the mattress beneath you on your back, your hair laying across your face or neck, the collar of your pajamas or nightgown, the light breeze of air coming from a nearby vent or fan...
6. Go back to the shapes and images behind your closed eyes. What are the first **four** things that you see?
7. What are the first **four** things that you hear?
8. What are the first **four** things that you feel?
9. What are the first **three** things that you can see?
10. What are the first **three** things that you can hear?
11. What are the first **three** things that you feel?
12. What are the first **two** things that you can see?
13. What are the first **two** things that you can hear?
14. What are the first **two** things that you feel?
15. What is the first (just **one**) thing that you can see?
16. What is the first (just **one**) thing that you can hear?
17. What is the first (just **one**) thing that you feel?