


Before sleep beginners spoken guided meditation

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(Peaceful Productions Studio) (8 hours.) Another record of soft music is Dreamscape. This one uses delta waves, the same frequency of brain waves during deep sleep. Dream Music: Ocean Waves and Relaxing Music (3 Hours.) This meditation combines relaxing music with ocean waves to lull you deep rest of the sleep.19 Gentle Night Rain Sounds for Relaxing Sleep (Relaxed Guy) (3 hours.) Some people like the sound of rain to help them relax. This record is nothing more than a gentle rain.20. Angelic music with affirmations for sleep and healing (Jason Stevenson) (2 hours) This meditation is almost entirely touching music with intermittent affirmations of a soft angelic voice. If you have trouble sleeping at night, don't let your heart be disturbed. These guided meditations for sleep will help you slow down your racing mind, and make sleeping much easier. The best part about them is that you don't have to do anything but just listen to them and relax. Your sleep is important, not only so you feel better the next day, but also for your long-term health and success in life. So enjoy the meditations and enjoy life. More tips on MeditationFeatured photo credit: Ben Blennerhassett via unsplash.com unsplash.com

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