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This "Deep Sleep" guided self-hypnosis program was designed to assist the listener in getting to sleep and staying asleep, releasing worries, and achieving deeply relaxed states. Please note, the bodywork/drum journey chapter is better utilized prior to going to sleep, as a way to prepare the body and mind for sleep, as well as to release pent ...

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in this stage of sleep. Non-REM Sleep is known as "deep sleep"™ and can be divided into four stages. Drowsiness " Stage 1 and REM Sleep " Stage 2 Deeper Sleep " Stage 3 Deep Sleep " Stage 4 During an average night most of us will go through these stages several times and even wake up several times but not remember it.

Managing Sleep Difficulties - Devon

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