



# Meditation for Sleep: A Guided Sleep Meditation for Instant and Better Sleep

*Jasmine Harris*

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## **Meditation for Sleep: A Guided Sleep Meditation for Instant and Better Sleep** Jasmine Harris

Many people today have sleep problems that remain a recurring issue every night. This guided meditation sleep session is intended to help you learn how to sleep better through practical application of meditation techniques.

This audiobook will help you:

- Fall asleep faster
- Get better sleep
- Learn relaxation techniques
- Manage stress
- Reduce anxiety

This audiobook also contains:

- Relaxing and soothing nature sounds
- Deep relaxation music
- Gentle guided meditation

Sleep is one of the most important elements for feeling happy, balanced, centered, and at peace. This guided meditation for sleep will help you get the sleep you need to feel energized, refreshed, positive and ready to start the day.

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