

# Sleeping Like A Baby

By Lyndall Briggs & Gary Green



This kit includes a simple,  
proven & effective CD + **GUIDEBOOK**.  
Expect deep restful refreshing sleep, quickly & easily!



## INTRODUCTION

To succeed you need the Sleeping Like A Baby Cd which has been proven effective through scientific research, with benefits almost guaranteed immediately! It also comes with the complete version of the 25 page Sleeping Like A Baby Biblio-therapeutic Guidebook.

## NOTES

## ABOUT THE AUTHORS / NARRATORS

Lyndall is the President of the Australian Society of Clinical Hypnotherapists (RMASCH/Supervisor), Fellow/Supervisor and Board Member with the Australian Counselling Association (FACA), Clinical Member/Supervisor and Board Member of the ABNLP (Australian Board of Neuro Linguistic Programming), Full Member of the Australian Association for Psychological Type Inc (AusAPT), Master Practitioner of NLP with a strong background in Emotional Freedom Technique (EFT) and Nutrition through the International Academy of Nutrition (IAN).

Gary's a Peak Performance Coach, 6th Dan Taekwondo Master (MAIA) & international speaker with formal qualifications in Performance Psychology (ACAP), Technical Analysis (ATAA), Clinical Hypnotherapy (NSWSHS), Coaching (ASC), Workplace Training/Assessment (ISA) & a University Masters Degree in Counselling (Psych. UWS). He's also a long term member of the NSW Justices' Association (NSWJA), Theosophical Society (TS), Mensa & fully accredited Clinical Member/Supervisor with the Australian Counselling Association (CMACA). For a complete list of their qualification, please visit the [SelfDevelopment.biz](http://SelfDevelopment.biz) website.



## SLEEPING LIKE A BABY (SLAB)

Firstly, what is insomnia? We all know how horrible it can feel to be sleep deprived. We get grouchy, have trouble staying focused & most certainly don't feel we are working at our optimum levels. Insomnia is the inability to fall asleep or remain asleep for an adequate length of time, in the absence of external impediments, such as excessive noise or bright light & during the period when sleep should normally occur. Approximately 50% of adults experience significant insomnia at some stage of their lives.

So what's it a symptom of? There are two answers, the **Ancient** & the **Modern**. At first glance they seem completely different, but a closer look reveals some remarkable similarities. The **Ancient** angle on a modern malady tells us that all insomnia is caused by indigestion. That is, at some level, physical, mental or emotional we haven't completed extracting what is helpful & eliminating what is indigestible. This is one of the keys to under-

standing insomnia. On the physical level, indigestion is caused either by bad food or by weak digestion & leads to conditions like heartburn, flatulence & bloating.

Mental indigestion is the inability to let go of certain incidents or thoughts, usually unpleasant experiences. This can be a distant tragedy like an earthquake or bushfire, criticism from someone whose opinion we value, a work-related problem we're trying to solve, problems with family or finances. Emotional indigestion is the recurrence of a feeling, often sadness or anger, long after the precipitating event. The emotion has not been sufficiently digested & remains just under the surface, springing up for no apparent reason just when we want to go to sleep. Mental & emotional indigestion are the most common causes of insomnia. Some of us even grind our teeth while we sleep in an attempt to chew & digest recurring thoughts or emotions.

The **Modern** explanation for insomnia is over stimulation



& stress. Stimulants include caffeine, sugar, drugs & activities such as arguing & watching violent TV shows or the evening news. Any of these taken or experienced close to bedtime can rev us up so much that it's difficult to fall asleep. This is only another way of saying we're still attempting to digest these substances or events at the same time we are courting sleep. Stress is another form of indigestion. Most of our clients who suffer from insomnia tell us, "My worries keep me awake," or "My mind won't stop...I don't know how to turn it off." Anxiety, worry, depression, unpleasant memories & fears are the most common cause of sleeplessness. They seem to take on a life of their own & are determined to keep us awake, even though it's way past bedtime.

Another common cause of insomnia, one that has become prevalent only in modern times, is tampering with the normal cycle of sleeping & waking. This is a mechanical problem of sorts. Human beings have a normal sleep rhythm; in general, we are designed to be awake in

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daylight & asleep at night. People who work the night shift or travellers who've recently crossed several time zones, may experience insomnia simply because they are trying to sleep when their internal clock is telling their body to be awake.

However, we can be reprogramed. That's because human beings have a very strong, consistent & predictable neurological pathway in the brain that goes like this: **THOUGHTS lead to FEELINGS which lead to BEHAVIOURS which lead onto RESULTS.** And before the THOUGHTS, usually comes some type of situation or event that triggers the thoughts.

The reason so many of us fail to get to sleep & stay there is that we focus on the BEHAVIOURS, rather than on changing our THOUGHTS about a situation or ourselves. Instead of putting yourself through such torment, work on changing your THOUGHTS about sleep. You **can** create a new, stronger pathway, with THOUGHTS that lead you

in the direction you want to go. The bottom line is, if you want to eliminate bad sleep patterns, concentrate your efforts on changing destructive thoughts, to thoughts that lead to positive feelings, positive behaviours & positive results!

Think about what you can control in your life. ‘Not much,’ you might say. But you **can** control your thoughts. Start by listening to your CD on a regular basis. It’ll help you change the pattern of your thinking, to a much more positive one, which then makes implementing our “Tips for Sleeping Like A Baby,” that much easier.

Sleep is vital to our health & well-being. The very nature of sleep is to allow your body to slow down, repair itself, let go of daily stress & revitalise the system. If you’re having sleep problems, whether you’re not able to fall asleep, wake up too often or don’t feel well-rested when you wake up in the morning, here is the solution...



## TIPS FOR SLEEPING LIKE A BABY (SLAB)

**Progressive relaxation** - This is a technique designed to reduce the muscle tension that accompanies stress. Concentrate on your body & note the places where you feel tense. Contract your muscles progressively from your toes up through your whole body, holding each for about 5 seconds. Start with your feet, breathe in, tighten the muscles, hold for the count of 5 & then let go. Next, the muscles from your ankles to your knees, breathe in, hold & let go. Next knees to hip, then your lower belly etc. Feel the tension ease away! Don't forget the tongue. Free it up in the mouth, so it can just rest there without tension.

**Breathing deeply** - Be aware of your breathing. Your body craves oxygen & it's not getting enough when you're breathing incorrectly. S L O W down. Focus on each breath, in through the nose, hold for the count of 5, then out through the mouth. Concentrate on nothing but inhaling & exhaling. Also, keep your bedroom well

ventilated. Clean fresh air helps you breathe easier & fall asleep quicker. Consider the purchase of an Ioniser with a built in air-filter (see our website for more info).

The act of breathing is the body's most vital & basic function, yet many of us pay little attention to our breath. Learning to breathe properly can greatly improve your health & reduce the impact of stress on your body. Deep breathing also calms the mind, which creates a sense of well-being that leads to drifting off into dreamland.

It may be helpful to imagine a glass of water. When water is poured into a glass, it fills the bottom then middle & then top. When you pour it out, it goes out of the top, then middle, then bottom. Your breath is the same. Learning to breathe properly is a little bit like learning to play an instrument. It takes time & practice to perfect it.

Pranayama yoga can be an especially useful practice, that assists sleep. By assuming certain physical positions

(see our website) you can move your breathing to different parts of your thorax (upper, middle & lower) giving all parts of your breathing system a maximum workout that insures balance, harmony & equilibrium.

**Use your imagination** - At first your CD will be your guide, but later you'll be able to create your own visualisations. Here's a visualisation that's easy & works well. Start thinking of the people who you know & like smiling, then think of them yawning & saying that they're sleepy & going to bed. Now imagine them lying down, snuggling down & just drifting off to sleep. Now imagine yourself copying their actions.

**Forget counting sheep!** - Instead, focus on one bright spot, then, with your peripheral vision, note 7 different things you can see. Without allowing your eyes to stray, note 7 different sounds you can hear. Then 7 things you can feel. Next, note only 6, then 5, 4, 3... This will slow your mind right down.



**Rituals** - Try starting a new ritual, maybe like the time when you were a child & your mother had you say your prayers. Clear your mind with a short blessing or prayer of thanks for what you have. This can help soothe & relax you, as you treat yourself to the calming effects of spiritual comfort. Next, concentrate on what you want to accomplish, see yourself already there, having accomplished your goal of sleeping like a baby.

**Learn to meditate** - In meditation, you work to discipline your mind & silence the internal chatter that constantly fills it. Following your breath is an excellent meditative discipline, as is concentrating upon a candle flame. Or visualise a golden ball of light in your solar plexus that fills your whole body with energy & healing. There are many practices that you can study & use. Looking into water, a mirror, a crystal ball or one's own mind, are good tools for meditation. You'll be amazed at the results. Just keep it up; repetition is the mother of learning.

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Anyone can easily learn to meditate & over 900 scientific studies conducted in over 200 universities worldwide, document the huge benefits which include; higher levels of intelligence, increased creativity, reduced stress levels, improved health, enriched sleeping patterns, enhanced personal relationships & increased job satisfaction, etc. Research also proves conclusively that every human being needs a certain amount of time spent in Alpha state daily (achieved by meditating or listening to your CD) to function optimally in their personal & professional lives! If we're stressed or over-stimulated, we make more mistakes, often become ill & simply can't do our best. Being able to relax is the key to achieving a healthy **balance** in our busy lives. Ask most regular meditators & they'll confirm that meditation has even improved their luck!

**Get Knitting** - It's long been believed that knitting was designed as a productive form of meditation. The repetitive nature of the needles & patterns are hypnotic in their action & soon lull you into a deeply relaxed state.



**Pamper yourself** - A good massage every week does more than just get the blood circulating; it also drains the lymph glands & makes us feel good all over. Try a full body massage.

**Learn to let go** - Learn to let go. This statement is worthy of repetition. Sometimes knowing the difference between a situation over which you have control & one over which you have no control, can help. If you feel there is nothing you can do, acceptance may be the answer. There are just a few aspects of life that we can truly control & it's useful to know just what those aspects are. Should you try to exert too much control in areas you shouldn't, then the Universe will create some interesting ways to remind you of your place. Remember, every exit is an entrance to somewhere else.

There's an old metaphor that illustrates this perfectly... A farmer & his son worked a small farm, with only 1 horse to pull the plow. One day their horse ran away. "How terrible...

what bad luck,” sympathised the neighbours. The farmer replied, “Who knows whether it’s bad luck or good luck.” A few weeks later the horse returned from the hilltops, leading 7 wild mares into the stable. The neighbours then remarked, “What wonderful luck!” But the wise old farmer replied, “Good luck, bad luck, who really knows?” The following day, the old farmer’s son fell & broke his leg while trying to tame the wild mares. “How terrible...what bad luck,” grieved the neighbours. However, soon after, the army came to all the farms to take the young men off to war. The farmer’s son was of no use to them, so he was spared. Good luck, bad luck, who really knows???

Nothing is ever as good or bad as it first seems. Repeating the serenity prayer to yourself while jogging, rollerblading or performing any other repetitive task will also help you let go: **“God grant me the serenity to accept the things I can’t change, the courage to change the things I can & the wisdom to know the difference.”** - St Augustine



**Therapy** - If you have some unresolved problems that regularly keep you awake, you may need some help sorting these things out. Counselling or therapy doesn't mean you're CrAZY or broken in some way. It just means you need to reorganise your perspective so that you can be empowered to live more fully & completely. There is no shame in getting help if you need it.

**H2OK** - Drinking lots of water during the day is definitely okay! A lot of people are walking around in a mild state of dehydration. When you feel thirsty, you've already lost 2% to 3% of your body's fluid. Aim for at least 8 glasses of H2O per day. However, don't drink any large amounts of fluids within 2 hours of going to bed. This'll reduce the likelihood of needing to get up & go to the toilet, or at least minimise the frequency.

**Attitude!** - Try not to get upset with yourself. Don't watch the clock. If you can't fall asleep, try another distraction; maybe write in your journal. If negative thoughts come into your mind,



say to yourself “I’ll deal with that tomorrow, now is the time for sleep.” You can do this by trusting your inner mind to help find answers. Remember, when you have a refreshing night’s sleep, you’re better prepared to tackle the issues the next day. Also, when you have a great night’s sleep, be grateful for it & ‘give thanks’. Live in an attitude of gratitude!

**Diarise or keep a journal** - If you often lay in bed with your mind racing, it might be helpful to keep a journal for jotting down your thoughts before bed. You might also keep a marker pen & paper beside your bed, to scribble things down that need remembering. A soft night-light, even if only battery operated, can be useful.

**Read something spiritual or calming** - This will help you to relax. Don’t read anything stimulating, such as a mystery or suspense novel, as this is counterproductive. In addition, if you’re really enjoying a suspenseful book, you might wind up unintentionally reading for hours, instead of going to sleep. Better yet, read something really boring.

**Avoid working too late** - You need a wind-down period to help let your mind & body slow down. So down tools preferably 3 hours before bedtime.

**Sometimes you're better off left in the dark** - Sleep in complete darkness or as close as possible to it. When light hits the eyes, it disrupts the circadian rhythm of the pineal gland & production of sleep chemicals. Also, there should be a soft night-light in the toilet, for when you need to go at night.

**Loud colours** - The colour of your room has an impact on your emotions as well as your physiology. The wavelengths of colours such as blue & green or pastel pink, encourage restful feelings, whereas the more dynamic primary colours over-stimulate.

**No TV right before bed** - Even better, get the TV out of the bedroom completely. It's too stimulating to the brain & will take you longer to fall asleep.

**Keep your bed for sleeping & lovemaking** - If you're use to lots of different activities in bed such as watching TV, eating, working, studying, talking on the phone etc, your subconscious may not easily associate sleep with bed.

**Making Love** - Nothing releases tension, takes your mind off the day-to-day issues & prepares you for tomorrow like sex. This can be particularly effective if you start off with a sensual massage.

**Wear socks to bed** - Temperature plays an important role. If the weather is cold, the fact that your feet have the least circulation means they often feel cold before the rest of your body. Also, keep the temperature in the bedroom no higher than 70 degrees. Many people keep their homes & particularly the bedrooms too hot. Furthermore, a warm bath or shower before you go to bed will help you to relax. When your body temperature is raised in the late evening, it'll fall at bedtime, which facilitates sleep.



**Too much noise** - Invest in a good set of comfortable earplugs. You'll be pleasantly surprised at the effect. Avoid using loud alarm clocks. It's very stressful on the body & soul to be awoken suddenly. Also refer to your timepiece as an Opportunity Clock 😊.

**Exercise** - It doesn't matter what you do initially, as long as it's something more active. Try going for a walk. Even if at first, it's only for 10 minutes, you can build it up to a brisk walk 7 times a week for 30 minutes. Perhaps consider a walk along the beach, bushwalking, bike riding or swimming. Alternatively, try some aerobics, pilates, martial arts, yoga or cardio-boxing. Research proves that regular exercise inoculates against stress, while helping you fall asleep faster & stay there longer. It also helps flush the lymphatic system (part of the body's sewage system) & boosts the immune system. However, don't do any strenuous exercise close to bedtime, as this is arousing & energising. You'll feel better about yourself & find it easier to fall asleep because exercise relieves tension, relaxes muscles & is cathartic.

**Watch your diet** - Dinner should be consumed preferably 3 hours before going to bed. Avoid heavy dinners & late night snacks. Instead, eat a high-protein snack several hours before bed. This can provide the L-tryptophan needed to help produce melatonin & serotonin (sleep chemicals). Additionally, avoid foods that you may be sensitive to. This is particularly true for some dairy, wheat products & MSG. They can have a negative effect on sleep, such as causing sleep apnoea, excess congestion & gastrointestinal upsets, which will prevent a restful nights sleep. Being overweight can also increase the risk of sleep apnoea.

**Supplements for blissful sleep** - Groundbreaking research reveals that eating well & taking supplements, has a HUGE bearing on your state of mind. The following products which are highly recommended by nutritional experts, may not be available in some territories but are usually found in leading health food stores or on our website. They should be used only as directed;



**Super BM PLUS** tablets are the most comprehensive supplements available that restore nutritional balance & combat environmental pressures. **Vital Greens Powder** is a nutrient & enzyme-rich complete 'Superfood' which contains 76 nutrients essential to delivering optimal health, energy & vitality to every cell in the body. **Oil Garden Sleep Balm** helps to relax, unwind, relieve nervous tension/stress & sleep more soundly. **Lavender Oil** fragrance cleanses & calms emotions, relieves anger & exhaustion. **Suan Zao Ren Tang** capsules are an ideal formula, that alleviate sleep pattern disturbances. **Magnesium Complete** tablets have a regulating effect upon the nervous system, exerting an overall relaxing effect. It helps ease twitching, nervous tension, confusion, insomnia, cold hands & feet. **Snore Eze** spray helps relieve snoring, so you can sleep & breathe more easily. **Sleep Well** tonic provides a sedative & hypnotic action, without creating tolerance or dependency.

Milk may not induce sleep as previously thought. But

**warm** drinks do have a calming effect as opposed to stimulating cold drinks. Try a small amount of apple or grapefruit juice at room temperature before retiring at night.

**Is your mate causing you to lose sleep?** - Consult a doctor about a chronic snoring problem or perhaps invest in a good mattress, so you won't move every time your partner does.

**Create a sleep routine** - Keep regular waking & bedtime hours. Our body-systems, particularly the adrenals, do the majority of their recharging or recovering during the hours of 11pm to 1am. In addition, your gallbladder dumps toxins during this same period. Prior to the widespread use of electricity, people would go to bed shortly after sundown, as nature intended. Also, try & avoid frequent naps throughout the day, as it steals from your 6 to 8 hour sleep quota. However, one brief powernap is okay. These are all key points!



**Reduce or avoid as many drugs as possible** - Many medications, both prescription & over the counter, may have negative effects on the quality of your sleep. Consult your doctor before cutting down or cutting out. **Avoid caffeine.** Research proves that in some people, caffeine is not metabolised efficiently & its effects can be felt long after consuming it. Also, be aware some medications, particularly diet pills contain caffeine. **Avoid excessive alcohol.** *Human beings are here to seek pleasure & avoid pain, relative to responsibility.* Although alcohol will make people drowsy eventually, the effect is short lived & they'll often wake up a few hours later, unable to fall back asleep. This is because it interferes with your blood-sugar levels. Alcohol will also keep you from falling into the deeper stages of sleep, where the body does most of its healing.

**Begin a new day ☺** - When you wake up in the morning, before you move, explore the position of your body. Take a few deep breaths & bring awareness to your whole being. Focus on how lucky you are. Sit up slowly. Have a little



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smile & begin a new day with pure energy & delight. You had better live your best, act your best & think your best **today**; for today is your preparation for tomorrow & all the other tomorrows that will come...

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## SEVEN STEPS TO SUCCESS!

- 1) List a realistic goal that you believe in  
(i.e. Sleep better).

- 2) List 7 positive reasons **why** you need to reach this goal  
(i.e. Do better at work).

- 3) List 7 negative reasons **why** you can't afford to fail  
(i.e. Hazy thinking is limiting me).

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- 4) List 7 skills needed to reach this goal  
(i.e. Master positive thinking).

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- 5) List the people, companies or groups to help  
the goal along (i.e. Free telephone counselling service).

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- 6) Write your Action Plan - **how** you'll proceed  
(i.e. #1 Start exercise program this afternoon).

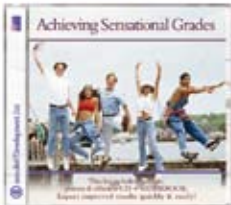
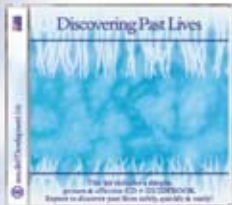
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- 7) When do you estimate reaching your goal?  
(i.e. 07/07/07) \_\_\_\_\_



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Self-Development's not just a moment in time...it's a lifetime experience!

# Sleeping Like A Baby

## The Recipe for Success

- ✓ It's recommended that you read your guidebook weekly & apply as many suggestions as practical (medicine won't work when left in the bottle).
- ✓ Tracks 2 & 3 are essentially the same, so you can listen to whichever one you prefer. Listen twice daily to one of these tracks, preferably once in the morning & once in the evening. After seven days, start listening to track 4 in their place for six weeks.
- ✓ It's **IMPORTANT** never to listen to tracks 2, 3 or 4 while driving! Always listen to these three tracks somewhere that you won't be disturbed & preferably through headphones.
- ✓ Track 6 contains powerful affirmations & binaural beats that should be listened to once a day for seven weeks. Select your favourite five & repeat them out loud for five minutes. Good results can be expected quickly, with optimal results occurring in or around the seventh week.

(1) Introduction by Geoff Glover (3:02)

(2) Deep Relaxation by Lyndall Briggs (21:35)

(3) Deep Relaxation by Gary Green (19:10)

(4) Sleeping Like A Baby (23:07)

(5) The Power of Affirmations! (5:50)

(6) Specially Crafted Affirmations (5:20)

