



Deep Sleep: REM Sleep Hypnosis for Better Sleep

Dr. John Landers

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Getting a good night's sleep is about more than being well-rested during the day. It is about improving your life and permanently enhancing your energy levels. This hypnosis session is intended to help you achieve quality sleep while sleeping through the night. It is specialized to induce the REM sleep cycle, which is necessary in order to feel refreshed in the morning. This hypnosis uses neuro-linguistic programming that allows uniquely tailored wording to penetrate directly into your subconscious.

This hypnosis session will help you:

- Fall asleep fast
- Sleep better throughout the night
- Induce the REM sleep cycle
- Feel more refreshed after quality sleep

This session also includes:

- Gentle guided sleep hypnosis
- Relaxing background music
- A soothing bonus track to keep you asleep

You can listen to this hypnosis as you are lying in bed ready for sleep. The style of this session is meant to make you feel relaxed, calm and ready for a good night's sleep.

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