

Embracing Rest For Better Sleep

author:



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Synopsis

In tonight's Sleep Hypnosis with Jessica we're going to prioritise rest, and remember how great it is. The concept of rest is a funny one. It's so gentle! so nice. So NOT thrilling and speedy and workaholic. And yet rest may be the smartest, most effective, most invigorating thing we can do! Paradoxically, It is the workaholics best friend—making us even more productive—and yet we don't tend to give ourselves permission to rest. So let's do that tonight. As always, tonight's episode will start with a relaxing introduction from Jessica, before we sink into tonight's Sleep Hypnosis. Want more Sleep Magic? Join Sleep Magic Premium — Enjoy 2 bonus episodes a month plus all episodes ad-free, access to Jessica's complete back catalog of over 60 episodes, and show your support to Jessica. To Subscribe ? Apple Podcast listeners, just join using the prompts on the show page. All other listeners, subscribe via Supercast using this link <https://sleepmagic.supercast.com/>. Spread the Magic: Love the Sleep Magic Podcast? Please subscribe & leave a review —•• Feedback: How are we doing with Sleep Magic? Click here to let us know ? Stay Social: Keep up with Jessica and share your thoughts by following us on Instagram: @sleepiestapp TikTok:@sleepmagicjess About Sleep Magic — Sleep Magic — is a podcast from the creators of Sleep Wave, and hosted by hypnotherapist Jessica Porter. Sleep magic harnesses the power of Hypnosis to help you fall into a deep, restorative sleep easily, just like magic. Beyond helping you drift off into a deep sleep, Jessica will also spend time talking about all the different things that go into being, well, human! From releasing worries to building self-love, she'll dive deep into how we can improve our relationship with ourselves, as well as our sleep, one night at a time. Looking for the brands I mention on the show? You'll find all the latest sponsor links and offers right here : <https://lnk.to/sleepmagic> — Learn more about your ad choices. Visit megaphone.fm/adchoices

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