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Guided sleep meditation youtube

Jason Stephenson's Floating Among The Stars guided meditation has garnered over 14 million page views and widespread acclaim from YouTubers, often featuring on 'best deep sleep guided meditation' lists. As a former insomniac struggling to stay asleep, I was eager to try this technique. Initially, I found simple meditation music more soothing than longer guided sleep meditations, but eventually, the meditations started working their magic. The most significant change I noticed? No longer did I feel anxious about falling asleep. Instead, I began to view that period as a chance to relax and unwind. Even with my background in sleep editing, I still experience bouts of insomnia triggered by stress, anxiety, or hormonal changes. As such, I incorporate deep sleep guided meditations and breathing techniques into my bedtime routine. Recently, I tested one of YouTube's most popular sleep meditations, Floating Among The Stars. On the first night, I followed my usual routine, pressed play, and began with some gentle deep breathing. Jason Stephenson's soothing voice helped me relax as he guided me to close my eyes and pause my mind. This wasn't easy when feeling stressed or anxious, but the 1-hour meditation provided ample time to settle in. During the first session, I found it easier to let go of thoughts and focus on visualization, feeling safe, warm, and quiet. Although I may have rolled my eyes at some of Jason's phrases, such as 'you are the child of stars,' this type of language has become familiar to me through years of yoga classes and guided sleep meditations. By around 35 minutes into the meditation, I felt my eyelids growing heavy, and I eventually fell asleep. The relaxing atmosphere persisted throughout the morning, but by the afternoon, stress levels began to creep back in. Nevertheless, I looked forward to another session that evening, focusing my mind on stars rather than work-related worries. Meditation failed to take effect immediately, with the writer exiting the session after just 20 minutes due to drowsiness. However, they later reported waking up in the middle of the night and quickly falling asleep again, accompanied by a vivid dream about shooting stars. On the third night of testing, the writer felt restless and uncertain about the effectiveness of meditation in alleviating stress. The first few minutes of the meditation session were interrupted by distracting thoughts, but once the guidance began, the writer experienced a profound sense of relaxation. Although they lasted only 15 minutes, the writer reported feeling deeply relaxed before drifting off to sleep. The final words heard during the session seemed to have a lasting impact on their mental state. Getting ready for sleep is crucial for a good night's rest. Experts suggest preparing your bedroom as part of your bedtime routine to promote better sleep hygiene. A cooler temperature, around 65°F/18.3°C, and dimmed lights signal to the brain that it's time to relax. Create a comfortable sleeping environment by making your bed inviting, practicing relaxation techniques like deep breathing, or reading a book before bed. The right mattress can also make a significant difference in sleep quality; consider investing in a memory foam mattress for joint pain sufferers or a cooling mattress for hot sleepers. Alternatively, a good mattress topper can provide the necessary softness or firmness without breaking the bank.

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