



## Insomnia?

### *Just Go To Sleep and Forget About It*

**Progressive Relaxation:** This exercise is most effective when you tape record the instructions in advance, preferably in your own voice. This way you don't have to concentrate on remembering the instructions. Tape record these instructions, with a short pause after each sentence to allow yourself time to actually do the sensing and relaxing. Lie on your back, close your eyes, and begin to listen to the tape. Always start with feeling the body part.  
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1. Feel the weight of your feet. Feel your feet relax and sink into the bed.
2. Feel the weight of your lower legs. Feel your lower legs relax and sink into the bed.
3. Feel the weight of your knees. Feel your knees relax and sink into the bed.
4. Feel the weight of your upper legs. Feel your upper legs relax and sink into the bed.
5. Feel the weight of your hands. Feel your hands relax and sink into the bed.
6. Feel the weight of your lower arms. Feel your lower arms relax and sink into the bed.
7. Feel the weight of your elbows. Feel your elbows relax and sink into the bed.
8. Feel the weight of your upper arms. Feel your upper arms relax and sink into the bed.
9. Feel the weight of your buttocks. Feel your buttocks relax and sink into the bed.
10. Feel your back. Feel the weight of your back. Feel your back relax and sink into the bed.
11. Feel the weight of your pelvic/belly area. Feel your pelvic and belly area relax and sink into the bed.
12. Feel the weight of your chest. Feel your chest relax and sink into the bed.
13. Feel the weight of your shoulders. Feel your shoulders relax and sink into the bed.
14. Feel the weight of your neck, both front and back. Feel your neck relax and sink into the bed.
15. Feel the weight of your skull. Feel your skull relax and sink into the bed.
16. Feel any tension in your mouth. Feel your mouth relax and any tension slide off into the bed.
17. Feel any tension in your eyes. Feel your eyes relax and any tension slide off into the bed.
18. Feel any tension in your entire face. Feel your face relax and let any tension slide off into the bed.
19. Mentally scan your body. If you find any place that's still tense, relax it and let it sink into the bed.

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