



HOW TO USE YOUR HYPNOSIS RELAXATION

Best Time to Use



As you are
going to sleep
at night

Eyes can be closed or open

Get Comfortable

Sit or lie
comfortably



Cover yourself with a
blanket

Safety First



Do not use it whilst
driving, operating
machinery, or in
any situation where your
attention is required for
yours or another's safety

Relax Fully

You don't need to lie
perfectly still, move
whenever you need to.
Don't worry if you fall asleep,
the brain keeps listening for
2 hours

When & How Often

Use daily for best results

Can be used at other
times of day but not
excessively

