SLEEP & RELAXATION

ASMR Script

Written for ASMR creators who need words to read into the mic. A full fifteen-minute personal-attention session — greeting, trigger sequence, close whisper, drift-off — with the trigger cues marked so you know when to switch sounds rather than improvising over silence.

15 min · 5 segments

Fifteen minutes, five segments. Bracketed cues mark the trigger changes — they are for you, never spoken.

BEFORE YOU RECORD

- Mouth sounds are the difference between tingles and irritation. Hydrate, avoid dairy for a few hours beforehand, and set the mic slightly off-axis so plosives pass across it rather than into it.
- Stay at a consistent distance. ASMR listeners are wearing headphones at high gain, and a six-inch shift mid-sentence lands as a volume jump that breaks the whole effect.
- Do not compress or limit hard in post. The quiet-to-quieter dynamic range is the product; flattening it removes the thing people came for.
- If you're recording binaural, commit to it — move deliberately from one side to the other and hold there. Drifting between channels reads as a mistake rather than a trigger.
- Test the first sound at listening volume. Record the greeting, one soft sound and ten seconds of quiet. Listen at the same headphone volume throughout. Move the sound source if the first tap overpowers the voice, then save the take you want to build on.

01. Greeting

2 min

[whisper from the first word — never open at speaking volume and fade down]

Hi. Come in, get comfortable. *[soft whisper, close to the mic — 4 to 6 inches]*

There's nothing you need to do for the next fifteen minutes. You don't have to follow along, you don't have to stay awake for the end. If you fall asleep halfway through, that's the whole point.

Let me take care of everything from here. *[pause 5 seconds — let the room tone sit]*

I'm going to start with some sounds. Nothing loud. Just something for your attention to rest on. *[begin slow tapping on a wooden surface — roughly one tap per second, 30 seconds, no speech]*

02. Trigger sequence

4 min

[very little speech — the sounds carry this segment, your voice only bridges between them]

Just listening. *[tapping continues, gradually softer — 45 seconds]*

Now something a little different. *[switch to brushing — a soft makeup brush across the mic cover, slow circles, 60 seconds]*

You can close your eyes if they aren't already. *[brushing continues — 45 seconds]*

Let your shoulders come down. They're probably still up. *[switch to page turning — slow, one page every 8 seconds, 60 seconds]*

Nothing to keep track of. *[continue page turning, slowing further — 45 seconds]*

03. Personal attention

4 min

[closest point of the recording — move deliberately between left and right, hold each side]

I'm going to come a bit closer now. *[move to 2 to 3 inches, left channel]*

You've had a long day. I know. You don't have to tell me about it. *[pause 8 seconds]*

Let me just tidy you up a little. Brushing the hair back from your face. *[slow hand movements near the mic — audible air, no contact — 30 seconds]*

There. That's better. *[cross slowly to the right channel over 5 seconds]*

And on this side too. *[repeat the hand movements, right channel — 30 seconds]*

You're doing fine. Better than you think you are. *[pause 10 seconds]*

Everything you were carrying around today can stay outside. It'll keep until morning. *[return to centre, 4 inches — pause 15 seconds]*

04. Layered whisper

3 min

[slowest and quietest section — let sentences run long and trail off]

Sleepy now. *[begin very light unintelligible whispering underneath — no discernible words — continue for 45 seconds]*

That's it. *[unintelligible whispering continues — 60 seconds]*

Heavier. *[whispering thins out to occasional single words — 45 seconds]*

05. Drifting off

2 min

[do NOT come back up — they are probably already asleep, let it simply stop]

I'll stay a little longer. *[return to the softest brushing, barely audible — 60 seconds]*

Goodnight. *[let the brushing decay to nothing over 30 seconds, then 20 seconds of clean room tone, then end — no outro, no music, no sign-off]*

USAGE

Free to use. Record this script, publish it under your own name, and keep whatever you earn from it. No credit required.

Record it with Hilite — hellohilite.com

Studio-quality audio from your laptop mic. Free to start.