

Short Sleep Meditation Script

Ten minutes for someone already in bed who wants to be asleep soon. No preamble, no explanation, straight into the body.

10 min · 4 segments

Ten minutes, four segments. Everything that isn't sleep-inducing has been cut — including the introduction.

BEFORE YOU RECORD

- No introduction at all. Someone reaching for a ten-minute sleep meditation is already in bed — explaining the practice wastes a third of it.
- Quiet from the first syllable and never come back up.
- Only downward words: heavy, warm, sinking, still. Avoid notice, feel into, become aware — they're subtly activating.
- No closing line and no name. Stop, then leave 30 seconds of room tone.

01. Straight in

1 min

[begin already quiet — no warm-up, no welcome]

Get comfortable. Do the last of the moving about now. *[pause for 20 seconds]*

Let your eyes close. Nothing to follow tonight, nothing you can miss. *[pause for 20 seconds]*

02. Weight

3 min

[short sentences, long gaps — the silences are doing the work from here on]

Let the bed take your weight. All of it. You don't have to hold yourself up. *[pause for 30 seconds]*

The head, heavy on the pillow. The shoulders, dropping back. *[pause for 35 seconds]*

The arms, heavy. The hands, still. *[pause for 40 seconds]*

03. Down to the feet

3 min 30

[downward only — moving toward the feet takes attention away from the thinking]

The chest, rising and falling without your help. The belly, soft. *[pause for 40 seconds]*

The hips, heavy. The legs, heavy all the way down. *[pause for 45 seconds]*

And the feet. Warm. Still. Finished for the day. *[long pause — 60 seconds]*

04. Thinning out

2 min 30

[lines get shorter and further apart until you stop; no goodnight by name]

If a thought about tomorrow arrives, let it go past. It will still be there in the morning and it will be easier then. *[pause for 45 seconds]*

Nothing left to do now. *[pause for 45 seconds]*

Heavy. Warm. Still. *[stop speaking; let the recording run 30 more seconds, then fade]*

USAGE

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