

# sleep easily<sup>®</sup>



## THE sleep easily METHOD

5 Physical Triggers on ...  
... The Pathway to Sleep



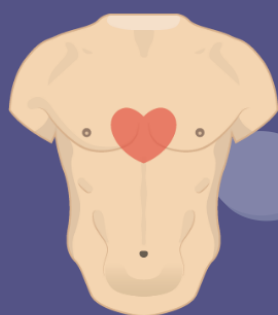
One: Soften Your Tongue

Two: Loosen Your Jaw



Three: Calm Your Throat

Four: Listen To Your Sleep Breath



Five: Calm Your Heart

## SLEEP... FINALLY!

With this method, you effortlessly relax your body, mind and emotions; and naturally fall asleep, get back to sleep and even sleep more deeply. It's not hypnosis or meditation—it's a technique that is more effective than any sleep method you have ever tried. Most importantly, in an independent study of Sleep Easily, 81.6% of the participants reported better sleep!



sleep easily<sup>®</sup>

