

# THE MILITARY SLEEP METHOD

To practice the military sleep method, you need to follow these steps;



## STEP 2 :

Now, try to **relax your muscles slowly**. Start from your forehead & move slowly downwards to your eyes, cheeks, mouth, and jaw. Pay attention to one part of your body at a time. During all this relaxation, keep breathing deeply.



## STEP 4 :

Keep working your way downwards. Once your upper body is relaxed, **slowly relax other parts of your body**. Start at your chest, move to the abdomen & then the pelvis. After that, bring your attention to your thighs, knees, calves, ankles, feet, & finally your toes.



## STEP 1 :

Close your eyes and **bring your attention to your breathing**. Try taking slow, deliberate, deep breaths.



## STEP 3 :

Now, bring the attention to your shoulders & arms. Once your facial muscles relax, **work on loosening your shoulder muscles & arms**. Start at your neck & release the tension gathered there. Drop your shoulders & let yourself relax in your bed. Continue the same with your arms starting from your biceps, forearms, hands, & finally fingers.



## STEP 5 :

Once your body is relaxed enough to sink into the bed, it's time to **clear and quiet your mind**. You can do this by imagining a calm place or your happy place. The idea of this exercise is to **calm and soothe your mind to lull it into sleep**.

Practice this military sleep method for six weeks, each night, and see how your sleep patterns improve for the better! This 2-minute sleep technique does have many health benefits that you can't miss out on.

# The Instant Sleep Method

**S Marginson**



## **The Instant Sleep Method:**

## Whispering the Techniques of Language: An Psychological Quest through **The Instant Sleep Method**

In a digitally-driven earth wherever monitors reign supreme and instant communication drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within phrases frequently move unheard. Yet, situated within the pages of **The Instant Sleep Method** a captivating fictional treasure pulsing with fresh thoughts, lies a fantastic journey waiting to be undertaken. Written by an experienced wordsmith, this wonderful opus attracts visitors on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the cloth of every word. Within the emotional depths of the touching review, we will embark upon a genuine exploration of the book's core themes, dissect its fascinating publishing design, and yield to the strong resonance it evokes deep within the recesses of readers' hearts.

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