

Sleep Lantern

Type: Sleep • Intention: Calm, Sleep • Duration: 15 minutes • Level: Beginner

Overview

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Setup

- Keep the bedtime card by the lamp; dim lights; put phone away.

Step-by-Step

1. 3 min: breath ladder—exhale lengthens 4 → 5 → 6 (two cycles each).
2. 7 min: body scan—move attention from toes to head; melt on the exhale.
3. 3 min: gratitude whisper—three specifics from the day.
4. 2 min: lantern out—choose one word to bring to morning.

Guided Script (for audio or read-aloud)

Let the room darken as your breath lengthens—four in, six out.

Move awareness slowly from toes to head; on each exhale, soften what you find.

Name three small goods from today.

Choose a morning word—‘Fresh,’ ‘Kind’—and let the lantern go dark.

Variations

- Racing mind: keep a notepad nearby; write one line, then return to breath ladder.
- Partner version: whisper one gratitude each.

Printable One-Pager (Summary Card)

- Ladder 4→6 exhale • Scan toes→head • 3 gratitudes • Morning word

◆ Image Placeholder

[Place art/diagram here: Lantern dimming under a starry sky (sleep-lantern.jpg)]

Gentle Safety Note

These practices are designed to be gentle. Skip or modify any step that causes pain or distress. For acute or chronic conditions, consult a clinician.

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