

A decorative border of various tropical leaves, including large monstera leaves and palm fronds, surrounds the central text area.

# AFFIRMATIONS FOR RESTFUL SLEEP

- I release the day
- I have done my best today
- I am thankful for today
- I am grateful for tomorrow
- Sleep is a natural process
- I am comfortable and at peace
- My mind feels calm
- I deserve rest
- My sleep is peaceful
- Sleep comes easily to me
- I am falling into a restful sleep
- I always sleep soundly
- I get all the sleep I need
- Sleep rejuvenates me
- My dreams are harmonious
- My body heals while I sleep
- My mind heals while I sleep
- My heart heals while I sleep
- My soul heals while I sleep
- I am safe
- I am relaxed