



For a Peaceful Sleep

REMEDIES, SUPPLEMENTS & PRAYERS

Homeopathic Remedies. Bryonia is not on the list but some have had success with it. “Sleep Tight with Homeopathy” includes general health and sleep habits tips, as well as homeopathic remedies.

<https://homeopathyplus.com/getting-a-good-nights-sleep/>

Prayer. Prayers for protection against curses, harm, and accidents.

<https://traditionalrosary.org/deliverance-prayers/prayer-for-protection-against-curses-harm-and-accidents/>

Prayer & Scripture. May help you sleep.
<https://hallow.com/blog/prayers-for-sleep/>

Sleep Habits. How to QUICKLY fall back asleep in the middle of the night. Four tips:

- 4-7-8 breathing
- Counting down from 300 by threes
- Tensing and relaxing body, one part at a time, from feet to head
- Recognizing that we should appreciate ‘non-sleep deep rest’ - when you are relaxing in the dark, trying to sleep. He said it has value.

https://www.youtube.com/watch?v=NN4wWO2kSY8&ab_channel=SleepDoctor

How to reduce nighttime bathroom trips.

<https://www.foxnews.com/health/better-sleep-how-can-reduce-nighttime-bathroom-trips-ask-doctor>

Master your sleep and be more alert when awake.

<https://podcasts.apple.com/us/podcast/master-your-sleep-be-more-alert-when-awake/id1545953110?i=1000504980563>

Sleep Habits - Avoiding Electronics. How electronics affect sleep.

<https://www.sleepfoundation.org/how-sleep-works/how-electronics-affect-sleep>

For a Peaceful Sleep *(continued)*

Sleep habits - Breathing. If you wake up in the middle of the night and you're more alert than you want to be because you want to fall back asleep, do some long exhales through your mouth. This slows your heart rate down, it's a hardwired circuit that works the first time and every time.

<https://x.com/hubermanlab/status/1912265930291470570>

Use the 4-7-8 breathing method • Inhale for 4 seconds • Hold for 7 • Exhale for 8. This pattern activates your parasympathetic nervous system and halts cortisol production in under 60 seconds.

<https://x.com/thebrainrecode/status/1912133722025148578>

Sleep Habits - Misc. Focus on deep sleep over long sleep 90% of hippocampal repair happens in deep sleep stages. Prioritize a cool, dark room and cut screens 90 minutes before bed. There are more posts under this one if you want to read them.

<https://x.com/thebrainrecode/status/1912133818846494778?s=12>

List of 12 good sleep habits.

<https://podcasts.apple.com/us/podcast/huberman-lab/id1545953110>

Sleep Habits - Mouth Taping. How to mouth tape for better sleep.

<https://familydentalguelph.com/how-to-mouth-tape/>

Sleep Habits - Stress Reduction, Vagus Nerve Stimulation. Pharma isn't telling you this, but your VAGUS NERVE is the secret key to stop chronic stress. This hidden nerve:

- Lowers your heart rate
- Reduces fear and panic
- Calms your nervous system

Here are 13 science-backed ways to activate it and eliminate stress fast.

https://x.com/thebrainrecode/status/1911407785289613346?s=46&utm_source=twitter&utm_medium=organic&utm_campaign=advertising

Sleep Habits - Stretching. For relaxation.

<https://www.pietrafitness.com/>



For a Peaceful Sleep *(continued)*

Sleep Habits - Sunlight. Walk before 9AM Morning sunlight regulates your circadian rhythm and lowers cortisol. Just 10 minutes of movement outside triggers cortisol suppression and serotonin production.

<https://x.com/thebrainrecode/status/1912133653318287680?s=12>

Supplements - Magnesium Glycinate Lysinate. Docto's best high absorption magnesium glycinate lysinate ingredients: Magnesium (elemental) (from 2,000 mg magnesium glycinate lysinate chelate) 100 mg, microcrystalline cellulose, croscarmellose sodium, magnesium stearate (vegetable source), stearic acid, modified cellulose (coating).

https://www.amazon.com/Doctors-Best-Absorption-Magnesium-Glycinate/dp/B000BD0RT0?ref_ast_sto_dp

Supplements - Glycine. Glycine powder can help you stay asleep.

<https://x.com/Outdoctrination/status/1894378087783051304>

Glycine review on Amazon.

https://www.amazon.com/gp/customer-reviews/R3GJB60C7P2TX1/ref=cm_cr_dp_d_rvw_ttl?ie=UTF8&ASIN=B0013OVZJW

Supplements - Lemon Verbena. May improve sleep quality.

<https://www.healthline.com/nutrition/lemon-verbena-uses>

Supplements - Lysine. Lysine for better sleep.

Supplements - Misc. Sleep aid supplements that work.

<https://www.healthycell.com/blogs/articles/natural-sleep-aid-supplements-that-work>

Supplements - Sleep Gummies. Zen sleep + immunity restorative sleep gummies. Ingredients: vitamin C, zinc, organic elderberry fruit extract, L-theanine, organic chamomile flower extract, organic lemon balm extract, organic passionflower extract, melatonin. Other ingredients: organic tapioca syrup, organic cane sugar, pectin, organic natural flavors, sodium citrate, citric acid, organic vegetable juice for color.

<https://hylands.com/products/zen-sleep-immunity-restorative-sleep-gummies>



For a Peaceful Sleep *(continued)*

Tea. Sleepy sweet dreams tea recipe.

<https://mommypotamus.com/sweet-dreams-tea/>

Tinctures. Sleep tincture recipe.

<https://mommypotamus.com/sleep-tincture-recipe/>

Hallow Prayers for Sleep

As you return to rest each night, consider this transition a time to hear God's word or rest in His company. It might take some practice to turn from your to-do list to Scripture or a Saint's prayer, but we hope these prayers for sleep will guide you towards peace in His presence as your last moments of the day are spent with God. Jesus has shown me the only way that leads to the fire of divine love: it is that of a little child who, full of trust, falls asleep in its father's arms.

-- St. Therese of Lisieux

Bible Verses to Guide Your Prayer for Sleep

Throughout the Old and New Testaments, God leads his people to rest. He gives them peace, comfort and takes on their burdens. And He does the same for you each day and night. Rest with God's Word with these Bible verses for sleep.

"I lie down and sleep;

I wake again, for the Lord sustains me."

-- Psalm 3:5

"Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid."

-- John 14:27

"Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid." Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

-- Philippians 4:6-7

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

-- Matthew 11:28-30



For a Peaceful Sleep *(continued)*

*"If you sit down, you will not be afraid;
when you lie down, your sleep will be sweet.
Do not be afraid of sudden panic,
or of the storm that strikes the wicked;
for the Lord will be your confidence
and will keep your foot from being caught."
-- Proverbs 3:24-26*

*"The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.
He leads me in right paths
for his name's sake."
-- Psalm 23: 1-3*

BIBLE STORIES FOR SLEEP

On Hallow, you can fall asleep to a variety of Bible Stories from voices of all kinds of people. These Bible stories speak to our partners' personal faith journeys and relationships with God. These prayers for sleep are perfect for when you need comfort, you're looking to meditate on a particular moment in the Bible, or you're simply looking for a guide in prayer. Below are a few of the many Bible bedtime stories on Hallow.

Comfort, My People. Chika Anyanwu is a Catholic speaker and writer, prayerfully reads Isaiah 40-44 in this Bible Story. Listen on Hallow to hear God's promises as you fall asleep tonight.

*"The Lord is the everlasting God,
the Creator of the ends of the earth.
He does not faint or grow weary;
his understanding is unsearchable.
He gives power to the faint,
and strengthens the powerless."
-- Isaiah 40:28-29*



For a Peaceful Sleep *(continued)*

Psalm 139 (Fr. Mike Schmitz). Psalm 139, read by Fr. Mike Schmitz in this Bible Story, reminds us of God's infinite wisdom. Fall asleep hearing how God will never leave you.

*"O Lord, you have searched me and known me.
You know when I sit down and when I rise up;
you discern my thoughts from far away.
You search out my path and my lying down,
and are acquainted with all my ways."*

-- Psalm 139:1-3

Romans (Dr. Scott Hahn). In this Bible Story, Dr. Scott Hahn leads us through a selection of writings from St. Paul the Apostle in his Letter to the Romans. Rest in the reminder of God's endless grace for you as you fall asleep with Romans tonight.

"Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life."

-- Romans 6:4

SAINT PRAYERS FOR SLEEP

The Saints were and are professionals at resting in God's presence. Pray alongside these Saints as you fall asleep tonight with their words.

Surrender (St. Ignatius of Loyola). St. Ignatius prompts us to surrender everything from today to God. As we fall asleep, we can return everything He has given us back to Him.

*Take, Lord, and receive all my liberty,
My memory, my understanding,
And my entire will,
All I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace,
That is enough for me.*



For a Peaceful Sleep *(continued)*

Holy Rest (St. John Henry Newman). This prayer reminds us that God will watch us over as we rest tonight, and He will be with us all day tomorrow, too.

*O Lord, support us all the day long,
Until the shadows lengthen,
And the evening comes,
And the busy world is hushed,
And the fever of life is over,
And our work is done.
Then in thy mercy,
Grant us a safe lodging and a holy rest,
And peace at last.
Amen.*

The Surrender Novena. God gave Father Dolindo Ruotolo, who was St. Padre Pio's spiritual director, this short prayer which we repeat nine times as a novena. As we say this prayer for sleep, we seek the virtue of humility — to trust that Jesus will take care of everything. Pray this novena on Hallow with Jonathan Roumie, the actor who plays Jesus in The Chosen.

"O Jesus, I surrender myself to You, take care of everything!"

