



The **Relaxing Nights Program™** **3 steps** to *stress-free* living.

The **Relaxing Nights Program** guides you to deeply relax before bed, so you can recuperate and recharge each night – the way nature intended.

The program is divided in 3 simple steps to help you “switch off” your mind, create the ideal environment and deeply relax with the StressEraser before bedtime and during the night if necessary.

For best results, we suggest you complete the **Relaxing Nights Program** every night. You'll feel more relaxed after just one night. Within a couple of weeks, you'll have more energy and focus during the day. And within two months you'll feel truly free from the grip of stress.

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The Relaxing Nights Program™

- 1 End all daytime physical and mental activities. If you find this difficult, you might find it helpful to:**
 - Review the day and plan for the day ahead.
 - Enter stressful thoughts into a journal.
- 2 Create a quiet environment.**
 - Close your bedroom door and windows if necessary.
 - Play some soothing music (optional).
 - Turn off or dim lights (the StressEraser works in the dark).
- 3 Use the StressEraser to enter a state of deep relaxation.**
 - We suggest you complete a full 100-point session.
 - Should you wake up during the night, use the StressEraser for another 25-point session.

If you have any questions, please do not hesitate to give us a call at 888.437.0700 or visit www.StressEraser.com