DREAMSCAPES: 
THE MEDICINE OF SLEEP, DREAMS, & REST

MIND

READING
POEMS
MANTRAS
AFFIRMATIONS
MEDITATION
WRITING/JOURNALING
SILENCE
PRAYER
DAYDREAMING

BODY

MOVEMENT - DANCING, EXERCISE, YOGA, ETC.
PHYSICAL TOUCH
SELF-PLEASURE
BATHS
HERBS - CHAMOMILE, MUGWORT, LAVENDER, VALERIAN ROOT, ETC.
FOODS
SCENTS
SLEEPING ALONE
BODY CARE - WASHING HAIR, SELF MASSAGE, APPLYING OIL/LOTION TO BODY
FRESH SHEETS/BEDDING

SPIRIT

CONNECTION WITH ANCESTORS
NATURE
SONG/SINGING
BURNING INCENSE
CRYSTALS (APPHYLLITE, AMETHYST, LABRADORITE, ETC.)
FLOWERS

INTER-PERSONAL

PEOPLE (PARTNER, CHILD, CONNECTING WITH CERTAIN FRIENDS OR FAMILY MEMBERS)
PARTNERED PLEASURE (MASSAGE, SEX, CUDDLING)
CONNECTING WITH YOUR SENSES AND SENSATIONS
A BED PARTNER (I.E. CHILD, PARTNER)

SLEEP ALLIES

TOOL DEVELOPED BY AJA TROTTER

Here are some examples of allies that might support you as you deepen your sleep/rest practice. They are listed in loose categories, but they aren't limited to these categories and most of them overlap. You can use the guiding questions to help discern what you feel drawn to.