

26 Bedtime Affirmations for Anxiety

1. I will not worry about what I cannot control.
2. I am aware of my surroundings and feel at peace.
3. I heal through my sleep.
4. I have done my best today, and I am willing to forgive the rest.
5. I am free to be in the present moment.
6. I release all emotional negativity.
7. I am light enough for sleep to carry me.
8. I release all stress from the day.
9. I allow my mind to calm and body to relax.
10. I let go of today.
11. I have done enough.
12. I empty my head of racing thoughts.
13. I will not dwell on my to-do list.
14. I release my fear of tomorrow.
15. I welcome deep sleep.
16. I breathe deeply and slowly.
17. I am where I am supposed to be.
18. I inhale peace and exhale fear.
19. I empty my head of racing thoughts.
20. I am open to the blessings tomorrow will bring.
21. I embrace my dreams.
22. I choose peace.
23. I will wake up feeling refreshed.
24. I will feed my strength with sleep.
25. I only hold on to positive feelings from today.
26. I feel cozy and calm with my Cozy Case™.



What is Cozy Case™?

Cozy Case™ is the world's first therapeutic pillowcase to support mental health and better sleep. Our utility patent-pending sleep product is engineered to naturally increase feelings of security and relaxation. Cozy Case™ functions as a traditional pillowcase while providing a soothing tactile experience with its plush sides. The plush sides can be held and hugged, helping to relax the nervous system. Cozy Case™ supports individuals in creating the ideal conditions for falling asleep and staying asleep. Visit: www.cozycase.shop to learn more and shop our tangible sleep tools!

My name is Katelyn Anderson, Founder of Equip Sleeping Co. and creator of Cozy Case™. I am a Licensed Independent Clinical Social Worker and therapist. I have 12+ years of experience in the mental health field. This list is not all inclusive or individualized. It should not replace traditional therapies. Seek consultation from a medical professional if sleep problems are significant and/or persist. Affirmations is just one strategy to help support better sleep. Our Sleep Guide is a comprehensive handbook to aid you in your journey to productive, deep sleep. It is a 31-page full-color, illustrated download, full of resources and techniques that have been proven and tested by individuals to achieve their sleep goals. Get your Sleep Guide [here](#).