

PRIMUM AUXILIUM AD DORMIENDUM

NON POSSUM DORMIRE

Yoga Nidra

Quinque spiritus pro minuta

Spirans 4-7-8

LABORO SOMNIIS MALIS

Spirans 4-7-8

Nocturnum commentarium

Clara somnia

Circulus custodum

NOCTURNIS TERRORIBUS PREMOR

Spirans 4-4-8

Nocturnum commentarium

Yoga Nidra interdiu

VEREOR IRE CUBITUM

Circulus custodum

MEMBRA MOVERE NON POSSUM (PARALYSIS SOMNI)

Longe et lente respirare

Susurrare "sssss"

OBDORMIENS HABEO FLASHBACKS

Quinque spiritus pro minuta

Yoga Nidra

Circulus custodum

EXPERGISCOR MEDIA NOCTE

Yoga Nidra

Quinque spiritus pro minuta

ARS DORMIENDI

FLORIAN DIVI | sleepfirstaid.org