

### How To Go To Sleep

cat circles its bed  
finding perfect comfort spot  
so, too, in your bed

pressure points relieved  
scan body for tense muscles  
will them to relax

take deep nasal breath  
hold still, stretching chest, sense warmth  
then exhale through mouth

note calming effect  
use breathing as your mantra  
just watch, don't control

your mind will wander  
just return to your mantra  
repeat, wait, sleep nears

