



Tonight Before Sleep

Your 3-Minute Nervous System Reset

*Your body has been holding tension all day.
This is your permission to let it go.*

- 01 Dim your lights or close your eyes.
- 02 Do the breath pattern below — 3 rounds.
- 03 Open Aethura and press play on Tonight Before Sleep.
- 04 Put your phone face down. Let the sound do the work.

THE BREATH BEFORE SLEEP — REPEAT 3 TIMES

Inhale
through nose
6 counts

Hold
gently
2 counts

Exhale
through mouth
8 counts

"Your body heals when it feels safe."

Ready to go deeper?

The full Raise Your Frequency journey is inside Aethura.
7-day free trial. No commitment.

aethura.app