

## Snuggly Plushie Sleepy Time Hypno Script

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### Description

It's about time you had a nice good sleep. I can see you getting cranky and rubbing your eyes. Come on, little one. Take my hand, it's time to go to nini. Enjoy that warm cuddly fuzzy feeling of laying in bed feeling so little and cuddly. Enjoy this file that makes nap time, bed time or morning time extra special!

### Intro

Welcome little one. Aww, look how sleepy you look? I think it's about time you had a nice good sleep, don't you? Don't deny it now, I can see you getting cranky and rubbing your eyes. Come on, little one, take my hand. It's time to go to nini. If you have them, grab your nini accessories and your special nini undies or jammies. Your nini pants, a paci, and a plushie are the perfect recipe for a great night's sleep!

You can pause to grab anything you need, get to your nini place, or do whatever else you need to get fully situated and ready to be hypnotized. Are you ready to be hypnotized into a nice deep sleep, little one? ...Very good.

### Induction

Now that you're ready for sleepy times, I'd like you to close your eyes and relax [close your eyes, and relax]... breathing in... and out... in... and out... very good... and with each breath out you can breathe out a little tension of the day... breathe out all your grownup thoughts... and with each breath in you can breathe in more little feels... feeling more and more relaxed and ready to drift into a nice deep sleep...

Imagine that you are going about your day at home... there you are... You're getting tired... sleepy... and we know that sometimes even when little ones are tired and sleepy, they don't always go right to bed. So there you are... doing whatever it is you do... maybe it's the afternoon... or late at night... or even early in the morning, after you didn't go to bed... That's okay. I'm here to help. It doesn't matter what you are doing or who you are talking to. I can tell you need to rest, and I've decided it's time to put you to bed.

Yes, little one, come on now, it's time to sleep. I can see you rubbing your eyes, little one, don't try to deny it... and I know a nice little rest is just what you need. And you can feel so loved and cared for as I take your hand... tell you it's time for your nap... and lead you off to bed to your crib... wherever you sleep best...

Let's get you into your favorite nini outfit... arms up no... there we are... slipping it on... and how about we make sure you have your bottoms on too, huh? Get those little toasters on, so you are all comfy for bed time... there we go...

And once you are dressed, it's time to get in your bed, or crib, wherever you sleep best... And there's your plushie right there, yes, maybe a bunch of plushies... or just a special comfort object waiting to take you off to dreamland... What's their name? ... Oh yeah? ... That's very good! And they're the best helpers to get you to sleep!

Now, It's time to get under the covers with your plushie, and drift off into a nice, blissful sleep. And when you're done, you can wake up feeling refreshed and ready for more cuddles. Doesn't that sound nice? Yes, it does...

Alright little one... lay down... time for you to get all snuggly wuggly comfy... there we go... so soft and snug... just the way you like it... getting comfy in your perfect sleepy time space... looking into your plushie's adorable eyes...

Yes, you can imagine it now... look around and see that you are in the comfiest, most secure place for nap time... putting your thumb or paci in your mouth so you can be extra comfy for sleepy times... That's it... Looking at your cute plushie... those eyes now beginning to glow with a comforting light of warmth... and if you look closely, you can see two spirals in the warmth of those eyes.... Stare into the spirals.... Yes... allowing them to draw you down... down... down... into a nice sleepy trance... deeper and deeper... your soft and snuggly friend making you more and more sleepy as you look... deeper and deeper... you can feel yourself... falling into those eyes... relaxing... becoming less and less aware of your body or the room around you... just you and your fluffy friend... comfortably sinking down... sinking down and zoning out... sinking down into trance... down down down into a nice... deep... sleep... [10 9 8 7 6 5 4 3 2 1 0]

## **Body**

And now... you're in your sleepy trance... all snuggly comfy in bed... doesn't that feel nice? Good... I know it can be easy to stay up and lose sleep... but it's so much better to sink into a nice deep trance... to relax and rest... now is the time... Yes, time to relax... clear your mind of all your adult thoughts... and you can just rest in your snuggly wuggly sleepy time space... with your fluffy buddy...

Now grab a hold of your favorite plushie and give them a big squeeze. Go ahead and snuggle your plushie... give them a squeeze... there we go... awww... such a cuddly little one...

Let them brush against your cheek right where the ear meets the jaw... doesn't that feel good? Yes, it feels so good and cuddly... And you can nuzzle your plushie again... to feel even more of

those wonderful relaxing and cuddly feelings... until you feel so warm and fuzzy that you can just start drifting off. 'zoning out' into sleepy baby time. And you can try to keep your eyes open if you want to, but every time you nuzzle that plushie you can just melt into those warm, happy, fuzzy feelings. [until you feel so warm and fuzzy that you can just start drifting off. Drifting into that wonderful sleepy little space]

Every time you squeeze or snuggle your plushie you can go deeper into that nice deep relaxing trance... every time you squeeze or snuggle your plushie you can feel just as relaxed and cozy as you do now, or even more so... easily dropping into a nice deep sleep... nice deep trance... easily going into trance whenever you snuggle and squeeze your plushie, or stare into their eyes... And you can cuddle your plushie or pillow... suck on your paci and thumb... any time you like to feel those nice, comfortable... sleepy feelings... Warm cuddly fuzzy feelings that make your heart happy and make bedtime and morning time extra special...

Every day at nap time. Every night at bed time. You can pull out your favorite plushie, put on your comfiest nini clothes, and lie down... hugging your plushie and feeling very little... just like you do now, little one... that's right...

And you can talk to them in bed, if you want... Whenever you talk to your plushie [And you can talk to them in bed, if you want... Whenever you talk to your plushie], you can find yourself using simpler language... like you're speaking to a little baby... no... like you *are* a little baby... that's right... because your baby bedtime makes you the littlest little baby you can be...

And you can look into your fuzzy friend's eyes... and see those spirals... those hypnotic spirals, helping you drift down into dreamland... so sleepy now... falling deeper and deeper into those eyes... softly floating down... down down down into a nice deep sleep...

And you can listen to my words and follow along... drifting down down down... into a nice deep sleep... there we go... feeling more and more relaxed... [there we go... feeling more and more relaxed...] breathing in... and out... in... and out... very good...

Drifting off to sleep, hugging your plushie tight, feeling that good little feeling return... feeling like your younger self.... Nuzzle your plushie. You and your younger self... you feel the same.... You *are* the same. That same little cutie you've always been... regardless of how much your body has grown... or the new things you've learned, the talents you've developed... the same little cutie inside.... Forever and always...

Of *course* you still like your plushies and cartoons and cuddles. Enjoying baby things and wanting to be little [Enjoying baby things and wanting to be little] is just something that feels natural to you. And that's perfectly alright. There's nothing wrong with wanting to be little,

because you *are* little. It's adorable and really quite sweet when you start blissing out in full on little mode...

And you know that you're well protected and safe in your special sleepy time space... you can create that space any time you go to sleep as you surround yourself with the things that make you the most comfortable little one... feeling so safe and protected and sleepy... as you drift into a nice deep sleep... nice deep sleep... there we go... very good...

Deeper and deeper... more and more relaxed... more and more ready to listen to my words... and go into a nice deep sleep... very good....

### **Diapered Alt (Crinklebutt Version)**

Good little ones often need protection during bed time too, don't they? I know you're a good little one, so I know you're nice and snug and protected in whatever way suits you most... yes... Maybe you're in a diaper... or a pull up... if you are... that's so good... remember these words, little one: The thicker the pamp, the better the sleep... the thicker the pamp... the better the sleep... that's right, the thicker the pamp... the better the sleep... [the thicker the pamp the better the sleep] And you can be thickly protected at bedtime... if that's what you need...

And if you have to go potty and you're pampered... you can find it so easy to relax and let go... and go right back to sleep as you do so... drift right back to sleep... there we are... nice and relaxed... listen to my words and follow along... drifting down down down into a nice deep sleep... [drifting down down down into a nice deep sleep...] [the thicker the pamp the better the sleep]

**End**

And now, it's time for me to go... and allow you to rest, or go about your day. And if you would like to listen again, that's okay... you can put me on repeat... and listen again and again... as you snuggle into sleepy time... sleep well little one...

### **Mantras**

- When I cuddle my plushie, I feel so good, like someone is pouring a bucket of warm fuzzies all over my body.
- Happy sleepy cuddly little time
- Drifting off to sleep... hugging your plushie tight... feeling nice and little...
- Clear mind little thoughts
- Stuffies help me sleep
- Pacis help me sleep
- Sucking my thumb helps me sleep

- Every night at bed time, I cuddle my plushie... I suck my paci... I wear my comfy nini clothes...