



Deeply Relaxing Guided Meditations Online

## Having trouble sleeping?

We all know how great it feels to get the good night's sleep we need to function well in life. However, most of us experience difficulty sleeping at certain times of our lives. Whether you are a new parent, feeling overworked or simply exhausted by the pace of life, meditation has been proven to help improve the quality of sleep.

Rest & Be offers deeply relaxing guided meditations online to help you get a peaceful night's sleep and awaken feeling refreshed and ready for the day. Their App, 'Rest & Be Anywhere', enables members to meditate without Wi-Fi or internet access, ensuring the best night sleep possible. Rest & Be also offers a wide range of other meditations from 2 to 45 minutes to support you through all the challenges our busy modern lives present.

Rest & Be is an affordable and easy way to help you get a good night sleep and take care of your physical, mental, and emotional wellbeing.

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