

Quotes/Poems from The Insomnia Solution © 2005 Michael Krugman
MA. GCFP

Sleep poster [A Sounder World with Sounder Sleep System™ ~ Katarina Halm invitation](#)

Page - [15 hour Workshop, October 8 - 10, 2022 A Sounder World with Sounder Sleep System™](#)

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Dear to us ever is the banquet, and the harp, and the
dance, and changes of raiment, and the warm bath, and
love, and sleep.

—The Odyssey, Book VIII

p 1

Introduction

Why America Can't Sleep

Enjoy the honey-heavy dew of slumber: Thou hast no
figures nor no fantasies, Which busy care draws in the
brains of men; Therefore thou sleep'st so sound.

—SHAKESPEARE, Julius Caesar

p 4,5

On the Brighter Side

God bless the inventor of sleep, the cloak that covers all men's thoughts, the food that cures all hunger . . . the balancing weight that levels the shepherd with the king and the simple with the wise.

—MIGUEL DE CERVANTES,
Don Quixote

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Chapter 1

Profiles in Sounder Sleep

"Good-bye sleep lab, hello Sounder Sleep System! After working the night shift for twenty years my brain couldn't tell night from day. Now I sleep like a baby lamb."

—J.P., IT officer

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"[The Mini-Moves] allow my system to heal itself, without imposing anything. Hooray!"

-STEVE SANDBERG,
musician and composer

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"As a maternity nurse, I've found these techniques to be great for calming patients' anxiety. For myself, I always do them lying down because I am certain to fall sleep within minutes!"

—CALLY PHELAN, RN

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Chapter 2

How to Use This Book

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Chapter 3

Relax Your Body

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Relaxing Mini-Move 11: The Pelvic Rock

[I]nsomnia is always accompanied by a sense of residual tension and can always be overcome when one successfully ceases to contract the parts in this slight measure.

-EDMUND JACOBSEN,
Progressive Relaxation, 1929

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Chapter 4

Calm Your Mind

But you have no need to go anywhere-
Journey within yourself.

Enter a mine of rubies

and bathe in the splendor of your own light.

-RUMI

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Freeing Your Natural Breath

To breathe deeply, sensing how one's blood is purified through its contact with the air and how one's whole circulatory system takes on new activity and strength,

this is truly an almost intoxicating delight whose aesthetic value can hardly be denied.

-JEAN-MARIE GUYAU, 1884

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Calming Mini-Move # 1: L.E.SiS. Is More
(For Deep Relaxation, Breathe Fully Rather than
Deeply)

Less and less do you need to force things
until finally you arrive at non-action.

When nothing is done,
nothing is left undone.

-TAO TE CHING, Stephen Mitchell trans.

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Chapter 5

Lull Yourself to Sleep

lull vt 1: to cause to sleep or rest: SOOTHE 2: to cause
to relax vigilance.

—WEBSTER'S NEW COLLEGIATE
DICTIONARY

Sleep makes us forgetful of all things, of good and evil,
when once it has overshadowed our eyelids.

—THE ODYSSEY

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The Path of No effort

Act without doing;
work without effort.

. . . Accomplish the great task
by a series of small acts.

—STEVEN MITCHELL, trans., Tao Te Ching,
verse 63

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Lulling Mini-Move #1: Breath Surfing 1

When you are about to fall asleep
and all external objects have faded from view,
concentrate on the state between sleep and waking.
There the Supreme Goddess will reveal herself.

-VIJNANABHAIRAVA, verse 75

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Lulling Mini-Move #3: Rocking the Cradle

O goddess, the slow swaying of a person's body
whether by a moving vehicle or by self-induced
movement
calms her mental state so that she attains timeless
wisdom and the bliss of transcendental consciousness.

-VIJNANABHAIRAVA, verse 83

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Lulling Mini-Move #4: Tongue in Cheek

An organ which lengthens by contracting clearly merits
its own science.

-G. COULY

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Lulling Mini-Move #5: The Ziggurat

Now I lay me down to sleep ...

-TRADITIONAL BEDTIME PRAYER

P 279

Lulling Mini-Move #6: Welcoming Sleep with Open Arms (Instead of Pacing the Floor)

We are somewhat more ourselves in our sleeps; and the slumber of the body seems to be the waking of the soul.

-SIR THOMAS BROWNE