

Using your cloud for well being

Use your cloud to help you relax or get to sleep



Set the cloud to the colour change and gentle rain mode and close your eyes. Take several slow, deep breaths in through your nose and out through your mouth. Feel all the tension drifting away like a little, fluffy cloud. Now listen to the relaxing rain sounds. Let the rain softly wash away any thoughts about the day. Leave the day behind you. Imagine that it is raining outside but you are so warm and comfortable in your bed. As you snuggle further down into your covers you feel relaxed and happy. How wonderful it is to be in your cosy bed. Now you can gently drift off into a happy sleep and dream of the rainbows that come after the rain.

