



My Sleep Playlist

Usually, I can fall asleep relatively easily, but sometimes it's more difficult. This is especially true when I'm traveling, which I do regularly for work. Airplane sleep, time zones, and unfamiliar beds can all contribute to wakefulness. I have many healthy techniques I use to aid in falling asleep including meditation, lavender oil, and a soothing playlist.

If you choose the music option, be sure to keep the tunes mellow and not too loud. Unless you're on an airplane or have someone sleeping nearby, it's best to play the music through your phone or other device without a headset or pods. But in a pinch, even those will work.

Here is one of my favorite eclectic sleep playlists. It works for me every time. If your tastes in music run differently than me, you can also find sleep playlists on various music platforms such as Spotify, Apple Music, or Amazon Music. Also, you don't have to use every song on my list – pick and choose to create your own playlist. Some of these songs have sentimental value for me but may not resonate with you.

- Mad World (Adam Lambert version)
- No One (Alicia Keys)
- Hallelujah (Allison Crowe version)
- I Need You (America)
- Sister Golden Hair (America)
- Moon River (Andy Williams) – I told you it was an eclectic list
- Evergreen (Barbra Streisand with Babyface)
- Somewhere (Barbra Streisand with Josh Groban)
- Lullaby for Myself (Barbra Streisand) – What can I say? I'm a huge Babs fan
- Lullaby, Good Night My Angel (Billy Joel)
- Scandinavian Skies (Bill Joel)
- Vienna (Billy Joel)
- Harbor Lights (Boz Scaggs)
- When I Was Your Man (Bruno Mars)
- What the World Needs Now (Burt Bacharach)
- Nothing Rhymed (Burton Cummings)
- Dance Me To The End Of Time (The Civil Wars version)
- Fix You (Coldplay)
- Nether Lands (Dan Fogelberg)
- Sunset Grill (Don Henley)

- Tiny Dancer (Elton John)
- Breathe (Faith Hill)
- Landslide (Fleetwood Mac version)
- I Only Have Eyes for You (Frank Sinatra or Art Garfunkle versions)
- Barcelona (Freddie Mercury & Montserrat Caballe)
- Chariot (Gavin DeGraw)
- It Had to Be You (Harry Connick, Jr.)
- Johnny and June (Heidi Newfield)
- Candle on the Water (Helen Reddy)
- Hallelujah (Jeff Buckley version)
- Rhapsody on a Theme of Paganini (Rachmananoff or the John Barry version)
- Bring Him Home – from Les Mis (Josh Groban version)
- Beautiful Disaster (Kelly Clarkson)
- Old Blue Chair (Kenny Chesney)
- Hey Ma Durga (Krishna Das)
- Just a Kiss (Lady A)
- You and I (Lady Gaga)
- National Anthem (Lana Del Rey)
- Blue Velvet (Lana Del Rey version)
- Suzanne (Leonard Cohen)
- Alexandra Leaving (Leonard Cohen)
- Crazy for You (Madonna)
- Midnight Blue (Melissa Manchester)
- Can't Help Falling in Love (Michael Buble version)
- Lonely Looking Sky (Neil Diamond)
- Seven Seas of Rhye (Queen)
- Radio Gaga (Queen)
- Bless the Broken Road (Rascal Flatts)
- I'm in the Mood for Love (Rod Stewart version)
- Drops of Jupiter (Train)

Enjoy and have a peaceful sleep.