

I'd like to congratulate you for taking action to get the results you want by getting the Restful Sleeping Affirmations program. Did you know that most people never take actions toward getting the results they really want? You are already on your way by taking that simple action step.

The Restful Sleeping Affirmations program was compiled from a set of scripts that I built to make it easy to record a set of affirmations, and then have them play periodically during the night while I sleep. Since it was built from a set of scripts, the program runs in the background, and doesn't open up in a window.

Installation



Extract the zip file containing the Restful Sleeping Affirmations software, and double click on setup.exe file in the extracted folder. When the setup file runs, you won't see an installer window with a progress bar, and you won't have to click the next button a million times. All you should see is the hourglass if you're running XP or the blue doughnut if you're running Vista appear for a few seconds.

However, if you are running Vista you might see a message saying that the program might not have installed correctly. That's OK. Since the setup script doesn't write anything directly to the Windows registry, Vista thinks the installation didn't finish.

The setup program puts the program files in the correct location, and creates a folder under All Programs in the Start Menu named Restful Sleeping Affirmations. This is where you'll find the controls for the program.

Record A Set of Affirmations



A microphone will be needed for recording affirmations. I suggest recording only one affirmation, or a short set of affirmations, and keeping the recording under 20 seconds.

To record a set of affirmations click The record shortcut in the Restful Sleeping Affirmations folder under All Programs in the Start Menu. This will cause the Windows Sound Recorder to open. Then click on the record button to record your affirmations, and the stop button to stop recording.

In XP, if you are happy with your recording, click Save in the File menu of the Sound Recorder, and the recording will be saved to the correct location, with the correct file name. If you are not happy with your recording, close the Sound Recorder, and click No, when you are prompted to save. Then click the Record shortcut to start recording again.

In Vista, you will be prompted for a file name, and a location to save the recording when the Stop button is clicked. The correct file name and location are already set for you, so just click the Save button. If the name and location of the recording is changed, the affirmations will not be played by the

program. If you are unhappy with the recording, click Cancel when you are prompted to save, close the Sound Recorder without Saving, and click the Record shortcut to start recording again.

Testing Your Recording



To test your recording, click the Test shortcut in the Restful Sleeping Affirmations folder under All Programs in the Start Menu. This will cause your recording to play once.

Starting The Affirmations Program



To start the playback of the affirmations, click the Start shortcut in the Restful Sleeping Affirmations folder under All Programs in the Start menu. It will play your recording once, and then set itself to play the recording 21 times an hour later.

Once the playback is finished, it sets itself to start the playback again in hour. This process continues until the 21 times playback has run a total of 6 times. Including the first time the recording plays, this means that your affirmations recording is repeated 127 times throughout the night.

Stopping The Affirmations Program



To stop the playback of the affirmations program, click the Stop shortcut in the Restful Sleeping Affirmations folder under All Programs in the Start Menu. If the recording is currently playing, wait to click Stop until after the playback has finished. The Stop script cancels the next scheduled playback, and the program sets the playback to occur again only after the playback has finished.

Caution:

If you have jobs scheduled using the Windows AT command, the Stop script will also cancel those jobs. If this is the case, you might consider simply turning your speakers off or muting your volume. This should not affect jobs scheduled using the Windows Scheduled Tasks utility.

Uninstalling



To uninstall, click the uninstall shortcut in the Restful Sleeping Affirmations folder under All Programs in the Start Menu. Since this program is based on a set of scripts, it will not appear in Add/Remove programs in XP or in Programs and Features in Vista. The uninstallation is as anticlimactic as the setup, but it removes the program and Start Menu items.