SEVEN LANTERNS



# Seven Nights in Paris

*A gentle week-long sleep ritual with soft café jazz*

LANTERN OF PARIS

WELCOME

# A quieter week begins tonight

Thank you for listening to Lantern of Paris. This little guide is our gift to you: seven evenings, each with a short calming practice, a place to picture as you drift off, and a café jazz mix to play while you do it.

## How to use it

- [ ] Read one night each evening, about 30 minutes before you want to sleep.
- [ ] Start the music first, at a low volume, then do the practice.
- [ ] Read the scene, close your eyes and picture it. Let the music do the rest.
- [ ] In the morning, write a line in the diary at the back.

You do not have to do it perfectly, or seven nights in a row. Skip a night, repeat a favourite, fall asleep halfway through. All of that counts.

This guide is for relaxation and winding down. It is not medical advice and does not replace a doctor. If you have ongoing trouble sleeping, please talk to a health professional. During the breathing exercises, if you feel dizzy or uncomfortable, simply return to normal breathing.

THE PLACE

# Paris by night

Paris lies on both banks of the Seine, a river crossed by more than thirty bridges. By day it is busy and grand. By night, when the lamps come on along the quays, it becomes a city of small lit windows and slow walks.

On the hill of Montmartre, above the rooftops, painters once rented cheap studios and met in its cafés. Its steep stairways and narrow streets still lead up to the white domes of the Sacré-Cœur, where the whole city spreads out below.

The café is the living room of Paris: a small round table, a coffee or a glass of wine, a book, and nobody in a hurry. Along the river, green wooden boxes of second-hand books line the stone walls, as they have for more than a century.

Jazz arrived in Paris in the 1920s and never left. In the 1930s the guitarist Django Reinhardt and the violinist Stéphane Grappelli gave it a French accent, and the accordion of the old dance halls joined in. The music on this channel is the quiet, late-evening side of that tradition: soft piano, brushed drums, a walking bass, and a touch of accordion.

BEFORE YOU BEGIN

# Setting up your evening

A calm night starts a little before bed. You do not need all of these. Pick the ones that are easy for you.

- [ ] **Dim the lights** an hour before sleep. A single lamp or a candle (never left burning) is enough.
- [ ] **Put your phone away** after starting the music. Turn the screen face down, or use a sleep timer.
- [ ] **Keep the volume low**, just loud enough to hear. Softer music is easier to fall asleep to.
- [ ] **Cool, dark and quiet:** a slightly cool room with fresh air helps most people sleep.
- [ ] **A warm drink** without caffeine, such as herbal tea or warm milk.
- [ ] **Same time each night** if you can. Your body likes a rhythm.
- [ ] **Sleep timer:** set one on your phone (or in the YouTube app) so the music fades out on its own and you never need to reach for the screen.

NIGHT 1 OF 7

# Arrive

Tonight is only about arriving. Nothing to fix, nothing to achieve: just a slower evening than usual.

## The long exhale

1. Sit or lie down comfortably and let your shoulders drop.
2. Breathe in gently through your nose for a count of 4.
3. Breathe out slowly through your mouth for a count of 6, as if cooling a cup of tea.
4. Repeat for about ten breaths. Let the exhale be the longest part.

## Tonight's scene

> *It is raining softly on Montmartre. You sit by the window of a small café with a warm drink. Outside, the cobblestones shine under the street lamps.*

TONIGHT'S MUSIC

**Rain on Montmartre**

Café jazz for reading, relaxing and slow evenings · 75 BPM · www.youtube.com/@LanternOfParis

NIGHT 2 OF 7

# Let the day go

Thoughts about tomorrow are loudest when the lights go out. Tonight you give them a place to wait.

## The worry page

1. Take a piece of paper and a pen (not your phone).
2. Write down everything still on your mind: tasks, worries, things to remember.
3. Next to each one, write the first small step and when you will take it.
4. Fold the page and put it away. It will still be there in the morning; you do not have to hold it tonight.

## Tonight's scene

> *You walk along the Seine as the evening lights come on. The river is dark and slow. A long, low boat glides past without a sound.*

TONIGHT'S MUSIC

**Rain on Montmartre**

Café jazz for reading, relaxing and slow evenings · 75 BPM ·
www.youtube.com/@LanternOfParis

NIGHT 3 OF 7

# Into the body

After a day in your head, tonight you come back into your body, one part at a time.

## The slow body scan

1. Lie on your back, arms beside you, and close your eyes.
2. Bring your attention to your feet. Notice warmth, weight, tingling, or nothing at all.
3. Move slowly upward: calves, knees, thighs, belly, chest, hands, arms, shoulders, neck, face.
4. At each place, breathe out and imagine it growing a little heavier. If your mind wanders, simply return to where you were.

## Tonight's scene

> *In a corner of the café, an old man plays the piano, slowly and softly. Nobody is talking anymore. Everyone is simply listening.*

TONIGHT'S MUSIC

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NIGHT 4 OF 7

# Steady

A simple rhythm, like the slow pulse in the music, gives a busy mind something calm to follow.

## Square breathing

1. Breathe in for a count of 4.
2. Hold gently for 4.
3. Breathe out for 4.
4. Hold empty for 4. Picture tracing the four sides of a square. Repeat for a few minutes.

## Tonight's scene

> *You climb the last steps of Montmartre. The whole city lies below you, a sea of grey rooftops and tiny lit windows, fading into the night.*

TONIGHT'S MUSIC

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NIGHT 5 OF 7

# Release

Tension hides in the jaw, the shoulders and the hands. Tonight you find it by tightening first, then letting go.

## Tense and release

1. Make two fists and squeeze gently for 5 seconds. Then open your hands and feel the difference for 10 seconds.
2. Do the same with your shoulders: lift them toward your ears, hold, and let them fall.
3. Then your face: scrunch it up, hold, and soften it completely.
4. Finish with your whole body at once, then let everything go loose and heavy.

## Tonight's scene

> *You sit in a small bookshop just before closing time. It smells of paper and old wood. You turn the pages of a book slowly, too sleepy to read the words.*

TONIGHT'S MUSIC

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NIGHT 6 OF 7

# Gratitude

Ending the day on something good changes the last picture your mind takes into the night.

## Three good things

1. Think back over today and find three small good things: a kind word, a warm drink, a moment of quiet.
2. For each one, recall it in detail: where you were, what you saw, how it felt.
3. If you like, write them in the diary at the back of this guide.
4. Let the last one stay with you as the music plays.

## Tonight's scene

> *A quiet square, late at night. The chairs of the café are stacked, the fountain murmurs, and one window above you is still lit with a warm yellow glow.*

TONIGHT'S MUSIC

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NIGHT 7 OF 7

# Your own ritual

On the last night you choose. You now know six ways to wind down; keep the ones that worked for you.

## Build your evening

1. Look back at your diary. Which nights felt calmest?
2. Choose one breathing exercise and one other practice (the worry page, the body scan, tense and release, or three good things).
3. Put them in an order and do them tonight with the music, start to finish.
4. This is your ritual now. Repeat it whenever you need a quiet evening.

## Tonight's scene

> *Back in your room under the roof, rain taps on the small window. Far away, an accordion plays one last slow waltz, and the city falls asleep with you.*

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YOUR WEEK

# Sleep diary

Each morning, write a few words. Print this page or copy it into a notebook.

| | BEDTIME | CALM (1–5) | WHAT HELPED / ONE GOOD THING |
|---|---|---|---|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |

KEEP LISTENING

# The music of Paris

## Rain on Montmartre

Café jazz for reading, relaxing and slow evenings · 75 BPM
www.youtube.com/@LanternOfParis

New mixes appear every week on www.youtube.com/@LanternOfParis. Subscribing is the easiest way to find them.

## The other lanterns

**Lantern of Shiraz**, Persian ambient: www.youtube.com/@LanternOfShiraz
**Lantern of Yerevan**, Armenian duduk: www.youtube.com/@LanternOfYerevan
**Lantern of Seville**, flamenco guitar: www.youtube.com/@LanternOfSeville
**Lantern of Kyoto**, Japanese zen: www.youtube.com/@LanternOfKyoto
**Lantern of Galway**, Celtic harp: www.youtube.com/@LanternOfGalway
**Lantern of Varanasi**, Indian raga: www.youtube.com/@LanternOfVaranasi



*Sleep well.*

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