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The ASMR Script Writing Guide, 2026

If you record ASMR for YouTube or a sleep podcast, a script keeps every word, pause and trigger in its place. This guide covers the six ASMR types, a trigger cue list, how long a script should be, a recording checklist and a page to plan your next script.

The six ASMR types

Type	What the script does
Roleplay	You play a character (spa, doctor, librarian) speaking to the viewer.
Personal attention	Caring words and small tasks aimed at the viewer.
Whispered reading	A calm passage read in a whisper.
Trigger sounds	One trigger after another, each described softly.
Sleep aid	Progressive relaxation toward sleep.
Guided relaxation	Body scan and breathing cues.

Script length

Video	Spoken words (about 80 a minute)
5 minutes	About 400
10 minutes	About 800
15 minutes	About 1,150
20 minutes	About 1,500

Trigger cues to write in

- [whisper], [slow whispered breath], [PAUSE]
- [gentle tapping on the desk], [nail tapping on glass]
- [soft brushing sounds], [makeup brush on the mic]
- [soft scratching on fabric], [page turning]

Recording checklist

☐ Quiet room, phone on silent.

☐ Pop filter on, mic close for the trigger parts.

☐ Read slowly and let every [PAUSE] breathe.

☐ Props for each cue laid out before you start.

Plan your next script

Scenario: _____

Type and trigger: _____

Length: _____ Props: _____

Opening line: _____

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