

trancesolutions

hypnosis and insomnia

Most of us have experienced nights when we've tossed and turned. It seemed that the harder you tried to fall asleep, the wider awake you became.

According to recent data, more than 30% of Australians suffer from insomnia in some form, at some time in their lives.

How much sleep is enough? All of us need regular sleep, but we all have different sleep needs. Some people seem to function well on four or five hours of sleep, while others require nine or ten hours. It is important that you allow your body to determine what is the right amount of sleep for you. You should get enough sleep to wake refreshed and energised.

Factors which can cause sleeplessness

Taking worries to bed with you

It's difficult to get a good night's sleep if you lie in bed worrying about a problem you are facing. Many people feel that thinking about a problem is the way to solve it. However, it's unlikely that problems are effectively solved during a restless and sleepless night.

Being obsessed with the idea that you can't sleep

If you think of yourself as suffering from insomnia, you begin to expect not to sleep well, to believe that you will not sleep well, and in the end, you don't sleep well. Hypnosis can help you to change your thinking and break negative patterns of behaviour.

Stress and fatigue

Going to bed feeling overtired can cause you to have a sleepless night. When you go to bed, even though you feel exhausted, your body tenses up, your mind can't stop going round in circles and you can't fall asleep. Hypnosis will give you with the means of relaxing every time you go to bed.

Bad sleeping conditions

Uncomfortable beds, physical pain, hot weather, even a partner who snores can disturb sleep. Hypnosis can help you to rest comfortably regardless of external problems which may cause you to experience a restless night.

Feelings of guilt or emotional upset

If you go to bed with a "bad conscience" or something on your mind which produces guilt, fear or anxiety, this can lead to insomnia. You can use hypnosis to help put your mind at ease.

Bad habits

Many of us develop bad habits over many years which in turn lead to bad sleeping habits. These can include eating or drinking just before retiring, and watching TV in bed. The relaxation techniques of hypnosis are conducive to sleep regardless of circumstances. Hypnosis is a natural state that we move in and out of many times a day.

Sleep Secrets

- ▶ Understand the need for sleep - the average person needs 7.5 hrs sleep.
- ▶ Realise that sleep is as important to your health as diet and exercise.
- ▶ Exercising 3 - 4 times a week improves sleep quality.
- ▶ Develop a sleep routine - in this way you will program your body and your mind for sleep.
- ▶ Develop healthy thinking patterns - worry is the biggest cause of insomnia.
- ▶ Practice - don't be discouraged, it takes 4 - 6 weeks to change habit patterns.

Ten things you can do to help yourself :

1. Get into the habit of going to bed at approximately the same time every night.
2. Make sure conditions are conducive to good sleeping: e.g. lighting, temperature, noise etc.
3. Practice the technique of self-hypnosis for 15 minutes each day.
4. Remind yourself that tension causes insomnia and that as your mind and body relax, tension will quickly disappear.
5. Tell yourself that you can sleep, that you will fall asleep soon, that you are feeling sleepier as time passes.
6. Lie still in bed and try to avoid any unnecessary tossing and turning.
7. Keep your eyes closed and repeat to yourself that you are becoming more and more relaxed.
8. Look forward to going to bed and don't worry about not being able to sleep.
9. Use soft music if this helps you to relax.
10. Keep your thoughts positive, try not to relive negative experiences as you lie in bed.

Contact:
New Farm Hypnotherapy
PO Box 1944
New Farm QLD 4005 07 3254 1373
antoine@trancesolutions.com
glen@trancesolutions.com

Trancesolutions Professional Hypnosis CDs
www.trancesolutions.com info@trancesolutions.com