

# HYPNO-GRAM

A Newsletter Published by the National Guild of Hypnotists, Inc.

Combined With HYPNOTISM • Est. 1956 • Hypnotic Educational Bulletin • Est. 1942 • HEC International Newsletter • Est. 1956 • Deepening • Est. 1983

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April/May 2013

## Exploring the Subconscious to Alleviate Insomnia

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"The worst thing in the world is to try to sleep and not to." F. Scott Fitzgerald

Do you find yourself lying in bed staring at the ceiling every night? Is your body fatigued, but you can't put your mind to rest? You're not alone! Studies show that up to 85 million North Americans suffer from sleep deprivation resulting in countless negative consequences such as physical, emotional, mental, and spiritual health problems associated with insomnia.

Insomnia is defined as the inability to fall asleep or to stay asleep as long as required. Those suffering from insomnia often wake up frequently throughout the night, do not feel refreshed when they wake up, and have an inability to stay up during the day.

### Insomnia is classified into three types

**Parasomnia:** Any of several disorders that frequently interfere with sleep, occurring especially among children. Most common examples among children being: sleep-walking, night terrors, and bed-wetting.

**Dyssomnia:** A group of disorders characterized by difficulty in going to sleep or staying asleep or excessive daytime sleepiness.

**Hypersomnia:** An inability to stay awake; excessive daytime sleepiness.

While there are differences in the types of insomnia, they are all considered sleep disorders that affect one's overall health.

### Symptoms of Insomnia

While sleep requirements vary slightly from person to person, most healthy adults require at least seven hours of sleep per night to function at optimal performance. Sleep deprivation triggers hormonal imbalance, fires up stress systems, and is the root cause of negative health conditions and diseases. According to the 2003 *Archives of Internal Medicine*, women who slept less than five hours a night were 45% more susceptible to having heart problems than those who slept eight hours.

### Causes of Insomnia

"I'm exhausted, but I can't fall asleep!" Insomnia is a symptom of external or internal interferences. Physical exhaustion

or overconsumption of caffeine, including coffee, tea, or soft drinks, alcohol and/or chemical dependency account for external factors of insomnia. If insomnia is largely due to external causes, appropriate steps can be taken to correct them. However, in most situations insomnia is the symptom of an internal, deep-seated, emotional-causes, or sometimes an initial traumatic event that took place, in some cases, many years ago.

### Tips to promote restful sleep

A number of behavioral techniques known as sleep hygiene can promote a good night's sleep. For instance, regulate bed time and wakeup time helps set one's body's internal clock. Make the bedroom a resting sanctuary with heavy curtains and comfortable room temperature. Changing one's habits and behaviors may improve sleep deprivation. Unfortunately, there are many who remain sleepless despite following appropriate behavioral changes. This is largely due to the fact that a majority of people who fall victim to sleeping disorders are burdened by negative emotions such as anger, sadness, and guilt; relationship and money issues; limited beliefs such as "I am not good enough;" fears and worries toward facing the future; anger towards unresolved situations and people or sadness for whatever they are missing in life.

### How can hypnosis alleviate Insomnia?

Have you heard your clients say, "I have been in therapy for years but I don't see any progress?"

While the conscious mind holds all analytical, rational information, the subconscious operates like an organic computer containing negative emotions, feelings, experiences, habits, worries and fears that inconspicuously interfere with our ability to sleep soundly. Hypnotists work with the subconscious, accurately pinpointing the root cause of the client's problem, alleviating not only one single issue but in turn improving the client's overall outlook and attitude, initiating a positive impact on other surrounding issues in life. Emphasis on targeting the subconscious to reframe

memories with positive suggestions and applying self-hypnosis are also effective methods to treat sleep deprivation.

Through questioning, the hypnotist can access the exact moment when sleep is disrupted and find the core issue of the disruption in the sleep pattern, then, guide the client to resolve the issue by exercising exceptionally fast, effective, and long-lasting techniques. Using the process of reframing, deleting and changing past memories and experiences that cause insomnia can then result in the domino effect.

Hypnotists help reverse negative sleep patterns by techniques such as imagery healing, conflict resolution, inner child work, decoding, chair therapy, focusing techniques, and forgiveness therapy to clear all events that are connected to the root cause. Another way to deal with this is by direct suggestion as practiced by Dr. J. Hartland, "You will go to bed at the same time each night...and ...as soon as you put your head on the pillow...you will begin to relax...exactly as you do, while you are in this chair."

Insomnia clients also find self-hypnosis helpful by mentally focusing their attention on a specific part of the body, taking a deep breath, relaxing that area and imagining that all the tension stored there is released. Additionally, the hypnotist may condition the mind and anchor "triggers" such as rubbing two fingers together to activate peaceful, restful sleep.

By accessing deep-seated emotions, and limiting beliefs and negative feelings hypnotists can apply the above techniques to help clients alleviate insomnia. ▼

Source Healthwise Staff. "Melatonin." (n.d.); n. pag. HealthLink BC. The Province of British Columbia, 2 Sept. 2010. Web. 26 Feb. 2013. <http://www.healthlinkbc.ca/kb/content/special/hw193915.html>

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Sleep Improvement  
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