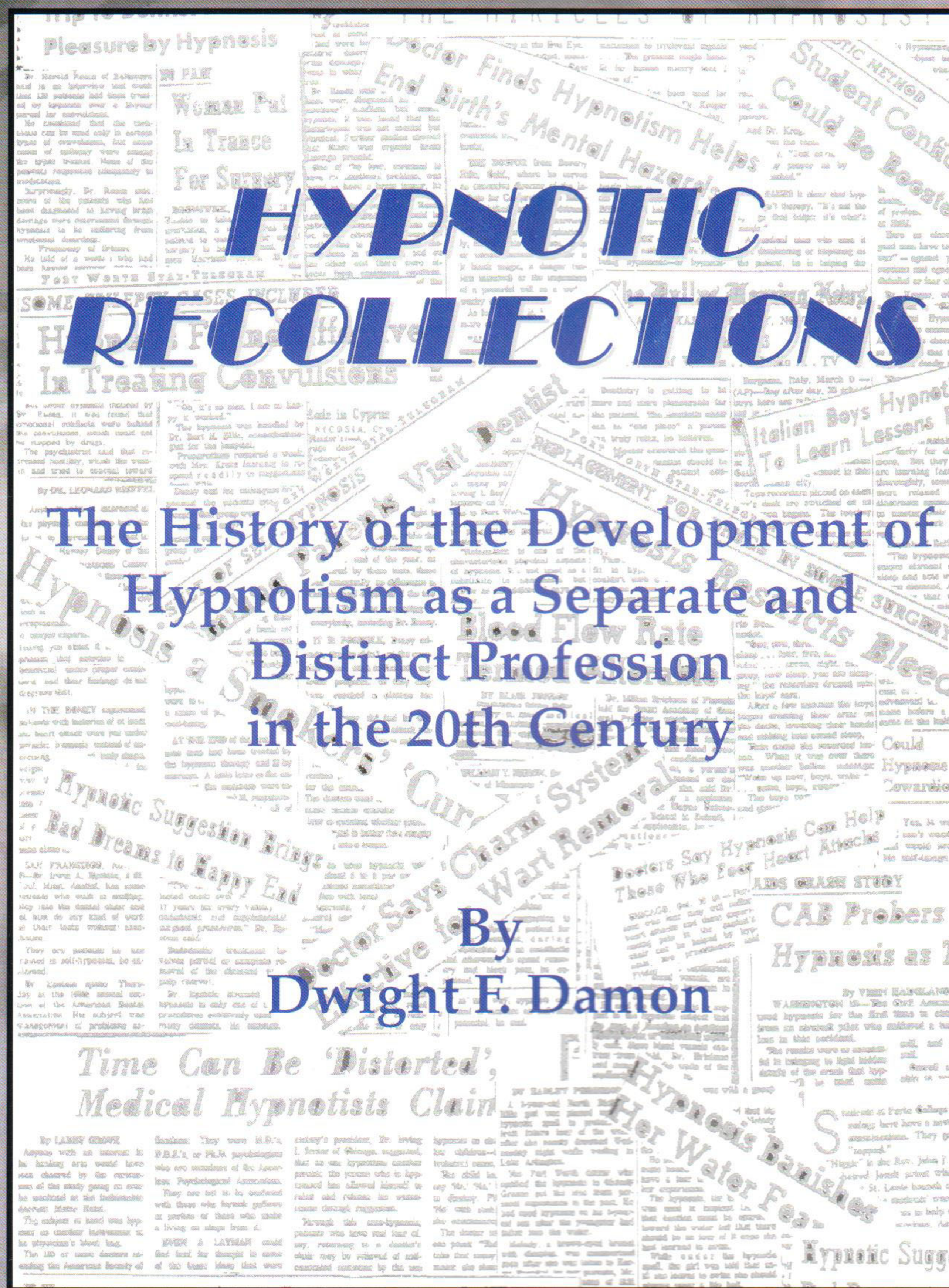


THE JOURNAL OF HYPNOTISM[®]

June
2011

volume 26
number 2



Available in August

a publication of National Guild of Hypnotists, Inc.
Merrimack, New Hampshire www.ngih.net



Unlock the Door to Sleep Improvement

by Debbie Papadakis, CI

"Dreams are important to our mental health, and sleep is important for our body to regenerate", Carl Jung, a great proponent of hypnosis (1875-1961)

Insomnia is the inability to obtain an adequate amount or quality of sleep. There may be difficulty in falling asleep, remaining asleep or both.

Unfortunately, insomnia is a very common sleep disorder affecting approximately 85 million Americans. Furthermore, the extent to which insomnia affects our mental and physical well-being is immense. It is often the root cause of an overall low immune system and poor cognitive performance resulting in many disorders and diseases. In fact, a new study suggests prolonged sleep deprivation negatively affects brain cell regeneration while raising stress hormones. The combined detriment is only the tip of the iceberg compared with the full extent of the many damaging conditions caused by insomnia.

Variations of insomnia include falling asleep, waking early and inability to resume sleep, staying asleep and poor quality of sleep.

Three types of insomnia are: Parasomnia - any of several disorders that frequently interfere with sleep, occurring especially among children including sleep walking; Dyssomnia - a group of disorders characterized by difficulty in falling or staying asleep or excessive daytime sleepiness; and Hypersomnia - the inability to stay awake, sleeping constantly and never feeling energized.

Sleep is NOT a luxury. Restful sleep is just as important to our health as breathing, adequate nutrition and exercise. Insomnia has numerous negative effects on our mind and body. Studies show that 20% of all serious auto accidents and many catastrophic disasters occur because of low mental and physical energy. It affects us negatively: physically, emotionally, mentally and spiritually. Not feeling refreshed in the morning leads to a long day with low energy, increased irritability and lack of concentration. Sadly, these are only the benign effects of Insomnia. More serious are: increased risk of heart

disease, cancer, obesity, diabetes, depression, fibromyalgia and infections.

But the question 'what causes insomnia?' still remains. Attributing factors include: mental and/or physical stress, illness, spiritual disharmony, addictions, unhealthy habits, medications, anxiety, fears, repetitive negative thoughts, feelings and beliefs. Life experiences that create negative emotions impact feelings, behavior and perception often in the form of fears, habits, avoidance and other behaviors which have a negative effect on sleep.

Although maintaining sleep hygiene with regular exercise, creating a comfortable area to sleep, avoiding stressful TV programs, stimulants (coffee, tea, alcohol etc) & eating around bedtime are the beginning of improving sleep, hypnosis takes the healing process a step further by looking into the subconscious where the true answers to improving sleep deprivation can be found.

How can hypnosis help?

The subconscious mind like an organic computer stores permanent memory. It is where our beliefs, emotions, feelings, experiences, habits, worries, and fears reside as the defense mechanisms that get us through life. We know that the conscious mind stores temporary memory is responsible for logic, reasoning and the 'thinking' process. The stories we recycle in our minds are filled with positive or negative emotions which are stored at the subconscious. At some point these emotions become habitual behaviors which hinder sleep.

Our conscious mind is critical of us whereas the subconscious mind protects us. Negative emotions, beliefs and fears stored in the subconscious may not serve us in the present as they once did in the past.

Hypnosis is a very reliable and relevant treatment for sleep disorders without side effects. Hypnosis is often called the "Highway to the Subconscious". It bypasses mental factors at the conscious level and enters the subconscious mind where the true causes lie. It is extremely beneficial in reversing negative sleep pat-

terns, by transforming the root cause seeded in the subconscious mind, reframing the memories and with positive suggestions. This enhances everyday performance and results in a healthier, happier and more productive life style.

Another way we can help our clients is by teaching them relaxation techniques such as self-hypnosis to calm the body and mind. Help them focus their attention on specific body parts from toe to head while inhaling deeply and mindfully releasing all tension that is held in these parts. To assist them further you can help your clients by anchoring triggers which they can activate using self-hypnosis, for example, rubbing two fingers together to induce peaceful sleep.

I have witnessed numerous times in my work, phenomenal results by using my specialized techniques along with a combination of modalities, depending on the need of the client, which safely and effectively access the underlying problem that disturbs sleep. My techniques access the exact moment when sleep is disrupted and clear the emotional issues responsible for the disruption. Using the domino effect approach the client addresses each underlying issue until each of them is resolved. This is the process of reframing, deleting and changing past memories and experiences that cause insomnia.

As each of the issues (dominos) is resolved the interruptive characteristics of each of them are rendered moot; until all aspects of the sleep cycle (falling asleep until awakening) has been addressed.

With hypnosis we tap into our latent power, dispel fears, negative emotions or limiting beliefs, and heal our mind-body to make lasting positive changes in our lives finding inner peace resulting in sound sleep.

Thomas Dekker wisely said "Sleep is the golden chain that ties health and our bodies together."

Hypnosis is the tool that connects the missing link to unlocking door to the sleep improvement. We, Hypnotists must be grateful to be part of such a powerful self empowering profession. ▼