

How Hypnotherapy can help resolve poor sleep.

We have all had time in our lives when we have had trouble sleeping, perhaps when excited about a holiday, busy at work, a new environment or family issues, however these are normally temporary issues and once resolved, good sleep is quickly restored. Sleep is one of the few things that we can not survive without, good sleep is so important and lack of good sleep will reflect in every aspect of our lives. How much sleep we need is different for each individual. Some people can manage without being tired during the day on 3-4 hours of sleep, however most require 6 to 8 hours.

What is important is that the amount and quality of sleep you get is sufficient for you and that you usually feel refreshed and not sleepy during the day.

Did you know that 1 in 5 people suffer with ongoing sleeping difficulties, do you?

What are the signs of poor sleep?

Not being able to get off to sleep.

Waking up too early.

Waking for long periods in the night.

Not feeling refreshed after a night's sleep.

Yo-yoing in and out of sleep all night.

Poor quality sleep can have a serious effect on health. Inadequate rest impairs a person's ability to think, handle stress, maintain a healthy immune system and control emotions. Poor sleep will affect us mental and physical. Some people have had such poor quality sleep for such a long period of time they almost become oblivious to the effects that poor sleep is having on them and feel they have to just 'live with it'

What are the effects of poor sleep?

Anxiety

Stress

Depression

Low sex drive

In ability to cope with everyday things

Grumpy

Accident Prone

Forgetful

Impairs; attention, alertness, concentration

Difficulties in learning

Serious Health Conditions; Heart disease, Heart attack, Heart failure, Irregular heartbeat, High blood pressure. Stroke, Diabetes

Depleted Immune System

Weight Gain

As a clinical hypnotherapist I have worked extensively over the years with many clients suffering with sleep problems, so much so this is one of the areas that I particularly specialise in.

During my sessions irrelevant of the condition my client has to come to me for, I pay particular attention to the clients sleeping pattern, even if clients 'think' they are getting good sleep they are often surprised at how much better their sleep is once treatment begins supported through the nightly use of my CD.

I give my clients a full understanding of their sleeping patterns and the reasons why I encourage the use a CD each night, this enables the mind to relearn how to achieve a nice relaxing, refreshing and restorative type of sleep. I have had huge successes with clients who have been suffering for years with disturbed sleep, night terrors, night sweats, awake for hours at a time each night and trying to run a full time career and family on 1 to 2 hours sleep each night.

With 4 to 6 sessions of hypnotherapy clients are sleeping longer, feeling more refreshed each morning, have more energy and very often sleep has returned to normal, sleeping all through the night. This reflects in all areas of their life and they feel so much more in control and better equipped to deal with all that life has to offer.

The following statement is something I passionately believe in; ***'sort your sleep out and watch every part of your life improve'***.

Don't lay there for hours at a time, night after night, let me help you to obtain really good peaceful sleep with the use of Hypnotherapy and my CD

Amanda-Jane Harley 0780 133 2012