

Hypnotherapy and Insomnia

Extensive lack of sleep can impair memory and judgment, cause mood disorders, make it difficult to learn new things or perform daily tasks and reduce the ability of the immune system to prevent illness.

Sleeping pills should not be used long term.

Hypnosis is the perfect way to establish the pattern of deep sleep.

Insomnia

In our rapidly changing, stress filled world, Insomnia has become an epidemic. Half of all adults now complain of trouble sleeping, up from one-third just a few years ago. At least 30 million adults endure the stress of severe chronic Insomnia.

Poor sleep impairs our ability to react creatively and appropriately to situations and has dramatically negative effect on a person's physical health. It leaves someone tired, anxious and feeling emotionally unstable.

Causes

Poor sleep patterns can be triggered by a number of factors including worry, depression or simply noise. In order to go to sleep, we need to relax, so if someone is constantly worrying they will prevent the natural process of sleep. People suffering from depression will often over-dream, resulting in exhaustion the next day. In order to compensate for this, the body will sometimes wake them up before too much dreaming has taken place, a problem that is called early-morning-waking syndrome. If someone has suffered disturbed sleep for a while, they can become anxious in advance about whether or not they will have a good night's sleep, which can lead to the problem continuing even after the initial cause has disappeared.

Solutions

Sleeping pills will put you to sleep but they also inhibit deep sleep and REM, reducing the quality of the sleep. Furthermore, the body develops a tolerance to them, necessitating larger and larger doses to have an effect. For these reasons, they should only be viewed as a short-term solution to specific situations.

Your subconscious controls your sleep patterns and has a memory for virtually everything you do, and that includes a memory for nice, deep, restful sleep. Hypnosis is indeed very relaxing, making sleep come easier and has no harmful side effects. It is also a good choice for helping to "re-learn" healthy sleeping patterns of behavior and disconnects an overactive intellect. With the use of Hypnotherapy and Self-Hypnosis you can experience significantly improved sleep, mood, and energy. By learning to successfully use the techniques of self-hypnosis, you will take control of your sleep, mind, and body.

You will be empowered by the realization that the key to conquering insomnia resides within you. Therefore, you will boost your confidence in your personal power and strengthen your sense of self-esteem, which is fundamental to optimal health and well-being.

Dr. Bunny Vreeland – Ventura County Hypnotherapist – Bunny Vreeland serves Camarillo, Oxnard, Ventura, Thousand Oaks, Ojai, Moorpark and Santa Paula California – Bunny Vreeland provides hypnotherapy solutions for weight loss, hypnosis to stop smoking, IBS, fibromyalgia, stress relief, and more. Dr. Bunny Vreeland can be reached at **800-755-4083 or 805-984-1237 or at www.bunnyvreeland.com**.