



Self Help
SCHOOL.COM

eCourse on Insomnia & Sleeping Problems

eCourse Time: 3 Weeks

Cognitive-Behavioural Therapy (CBT) is considered the treatment of choice for chronic insomnia.

This works under the premise of learning “management” of the problem for a better quality of life, where you explore the interconnection between your thoughts, feelings, physical sensations and actions which can, when combined trap you into a negative spiral.

In knowing how your insomnia works within you, you can challenge your thinking, make changes in your behaviour and therefore break the cycle that is keeping you within this very difficult place of insomnia.

Here at Self Help School we also add within our treatment programme, the use of self-hypnosis and NLP. Thus it is a force to be reckoned with where sleep is concerned. We believe that it's more than possible to move beyond symptom management and into freedom and self-empowerment.

The following eCourse is designed to be followed over a period of 3 weeks. Please take each week's session in turn to gain the maximum benefit from the strategies you will be learning.

If you have any questions please email us at info@selfhelpschool.com

Disclaimer

The information contained in this eCourse book is not intended to replace the services of a trained health professional. You are advised to consult them regarding matters relating to your health, and in particular regarding matters that may require a diagnosis or medical attention.

The techniques in this e Course book are offered as an adjunct to self-healing, self-help and behavioural modification.

The intent of Self Help School is to help you in your quest for freedom from your symptoms. This course is copyright ©Self Help School.

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How to work through this course

This course will:

- a) Look at how insomnia works for you.
- b) Challenge your existing assumptions about your sleep patterns by giving you knowledge, and questioning your current thinking.
- c) Give you techniques to help change your sleeping patterns - by re-programming your sleep cycle and guiding you to re-learning the natural relaxation experience that takes you into sleep.

There are 3 weekly sessions included which give you things to think about and question within yourself, practical things to accomplish and also techniques to learn. These are drawn from our personal experience of working with our clients and the substantial research that we have done regarding this topic.

The sessions should be undertaken one per week over the 3 week period. Please take each weekly session in turn.

We really hope you enjoy the course and that it helps you move towards your goals.

Let's get started.

Week 1 – Laying the foundations

1. Getting started

Read the information below. You may already know some of this, but read it anyway as the goal here is to make you really conscious of your behaviour.

Guidelines for Better Sleep (from PSYCHOLOGYTOOLS.org)

Sleeping well is a habit that you can learn! Small changes can have big effects.

Start today by following these rules:

Take care of your body:

- ✓ Do not drink caffeine: no tea, coffee, or Coca-Cola after 4 o'clock
- ✓ Do not eat a big or spicy meal late in the evening
- ✓ Do not go to bed hungry
- ✓ Avoid alcohol as it interferes with sleep

Physical exercise, such as a brisk walk, in the late afternoon can help to make your body tired and help you to sleep. Try to do some exercise every day.

- ✓ Sleep only at night-time and do not have day-time naps, no matter how tired you feel. Naps perpetuate the problem by making it harder for you to get to sleep the next night.

Having a regular bedtime routine teaches your body when it's time to go to sleep.

- ✓ Have a soothing drink like camomile tea or a milky drink
- ✓ Have a bath, or a routine of washing your face and brushing your teeth
- ✓ Go to bed at same time each night
- ✓ When in bed think of nice things (e.g. think of 5 nice things that happened that day – they might be big or small, such as a nice conversation, seeing the sunshine, or hearing nice music on the radio)
- ✓ Do a relaxed breathing exercise (one hand on stomach the other on your chest, deliberately slow your breathing, breathe deeply in your stomach instead of high in your chest)
- ✓ Try and wake up the same time every day, even if this is tiring to begin with

Coping with bad dreams can be difficult. Some people don't like relaxation before going to sleep, or are scared of letting go. If that is you, try these preparation techniques instead:

- ✓ Prepare yourself in case you have bad dreams by thinking of a bad dream then think of a different ending for it. Practice this new ending many times before going to sleep.
- ✓ Before going to sleep prepare to re-orient yourself when you wake from a bad dream.

- ✓ Remind yourself that you are at home, that you are safe. Imagine your street, buses, and local shops.
- ✓ Put a damp towel or a bowl of water by the bed to splash your face, place a special object by the bed, such as a photograph, or a small soft toy.
- ✓ Practice imagining yourself waking up from a bad dream and reorienting yourself to the present, to safety by splashing your face, touching special object, having a bottle of rose or lavender essential oil to sniff, going to window to see surroundings.
- ✓ When you wake up from a bad dream- move your body if you can and reorient yourself immediately (touching an object, wetting your face, going to the window, talk to yourself in a reassuring way)

Make your bedroom a pleasant place to be

- ✓ Get a nightlight
- ✓ Keep it clean and tidy
- ✓ Introduce pleasant smells such as a drop of lavender oil onto the pillow
- ✓ Get extra pillows
- ✓ Make sure that your home is safe e.g. doors locked, windows closed.

REMEMBER: Bed is for sleeping, so if you cannot sleep after 30 minutes, get up and do another activity elsewhere such as reading or listening to music (try and avoid TV as it can wake you up). After 15 minutes return to bed and try to sleep again. If you still can't sleep after 30 minutes get up.

Now, build in to your life one small thing that you can do that is different to what you normally do around your sleep. It can be anything at all. You might choose to stop doing something, or you may want to choose to do something different. Your choice ...

Why? Because you can choose something that may make a difference towards the potential of sleep but most importantly at this stage, we want to help your brain begin to understand that you *can* do things differently. It's about getting your neurology to begin to experience you doing different things and being able to make the adjustments.

We are powerful habit forming creatures and our brain likes the comfort of operating in the same way ... so let's wake up your neurons and then they can begin making new pathways for you.

Nothing to lose, everything to gain!

❖ ACTION POINT

Think of something that you are definitely going to stick to and then - stick to it!

ANSWER THE FOLLOWING: What I am going to do differently regarding sleep is

[fill in this blank]

2. How does your insomnia work?

Let's answer 2 simple questions ...

Q1: How much sleep do you need? - Write down the number of hours _____

Q2: What have you based this figure on?

If you Google "insomnia" (and I am sure you have), you can find many studies that suggest the amount of sleep that we should be getting. I now know that Giraffes only need 2 hours sleep per night and brown bats 19.9 hours! For an adult, the National Sleep Foundation, state it's between 7 – 9 hours a night.

So, are you a giraffe, or a brown bat?



I used to have in my own head that I needed 8 hours of sleep, because that was what I was told I needed! If for some reason I didn't get that, I used to say to myself "I didn't get my 8 hours; I am now going to be tired for the rest of the day!" That was the 'grumpy state' that I approached my day with, which meant I was tired and irritable! But it wouldn't stop there

... As the day wore on, I would *maintain* feeling stressed about not getting those **crucial** 8 hours last night and then start getting stressed about how tired I was feeling AND THEN I would start to get stressed about the need to get my 8 hours *that* night. Then I looked into sleep issues and I read somewhere about sleep "debt" and that if I didn't get enough sleep one night, then I am in *debt* for those hours that I didn't get! So in fact I should be getting 9 hours the next night if I only had 7 the night before ... and so I then got stressed about that!

All of the stresses just kept piling up! Which often meant that next night I didn't get much sleep as I was so stressed about how much sleep I needed and what I would feel like the next day if I didn't *get* to sleep and with that sleep debt mounting up!

I wonder how I would have been if I knew that scientific research had in fact (for example) said that adults only need 4 hours sleep per night and that everybody wakes up 3 or 4 times a night anyway. I guess it would have made quite a difference to my attitude towards the number of hours I slept and how I felt from that.

We are, most obviously, highly suggestible absorbing information within us as "facts and truths", often without questioning them. Perhaps we need to challenge them and ourselves a little more.

For example, the standard number of litres of water we should be drinking is...? Most people would say 2 litres, wouldn't they?

Why?

Who do you think *profits* from the very fact that we are led to believe that water is what we need to be drinking and then 2 litres of it? *Bottled* water is now a fashion accessory! Who do you think took the research and changed the word “liquid” to “water”, forgetting to add that some of the liquid we naturally absorb is from the foods we eat?

If you dig deeper into this “fact” you can see that there is no evidence that 2 litres of water should be consumed for healthy living!

So let's explore the question again and challenge your thinking about sleep ...

What is your body saying about your sleep needs?

In reality for me now, my body is more than okay on 5½ to 6 hours. This I have worked out through experimentation. 7 hours and I feel very well rested and sometimes 8 when I have been working really hard, or have done some exercise that day.

Now ... I am happy to go with the flow, as I recognise my body and mind can still operate on whatever sleep I have had. If its about 5 hours, because my cat Pickle decided that at 4.30 in the morning she fancied a light snack and I then didn't get back to sleep, I know I will have a groggy start, but by midday, it will have worn off and I will barely notice any tiredness (again this is through experience). So I have got to know myself and I have stopped giving myself or the world a hard time if I don't get 8 hours every night!

So what does *your* body tell you about sleep? Write this down in the space below.

3. How do you work? What's the toughest thing about not being able to sleep? How do you think and feel and how do you act?

Let's explore and complete the following sleep diary ... just record what happens. Please engage in this and complete this every day for a week.

Sleep Diary

	Hours of sleep:	Mood/feelings at start of the day:	What goes through your mind at the start of the day?	How do you behave for the rest of the day?
Example	5	Exhausted, down, low, angry, etc.	Why can't I sleep? I'm going to be shattered for the rest of the day? How can I get through the day? Etc.	Eat sugary foods. Shut myself off from people and go into my own thoughts. Etc
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

What are you noticing about yourself?

Is it thoughts or feelings that impact you the most?

How much energy (as I did) is being wasted on focusing on just how much sleep you did or didn't have and winding yourself up more, rather than focusing on getting on with the actual day ahead? Is the actual day ahead not that stimulating and exciting anyway!

Now ... let's experiment ... complete 2 days on each behaviour and record what happens. It's worth a go as you are not sleeping that great anyway, so it won't make much difference to your next day, but long term you may well get to know yourself better.

Make sure however you note what you have to do the next day and that if you are a little tired, you are not driving or doing something where you really need your full concentration.

Day	Hours of sleep	Mood/feelings at start of the day	What thoughts do you have?	How do you behave for the rest of the day?
Go to bed at 9pm				
Go to bed at 9pm				
Got to bed at 11.30pm				
Got to bed at 11.30pm				
If you wake up in the night, stay in bed for 45 minutes and then if you are still awake, get up and do something for at least 30 minutes before going back to bed.				
If you wake up in the night, stay in bed for 45 minutes and then if you are still awake,				

get up and do something for at least 30 minutes before going back to bed.				
No caffeine or alcohol ... or choose something else that is dietary to change.				
No caffeine or alcohol ... or choose something else that is dietary to change.				

What conclusions can you draw from these experiments? Is there anything else you could test out and see how you react? My suggestions are focusing on the time you go to bed, what you do when you wake up and also the impact of your diet (which I do think is more crucial than we are led to believe).

4. Your Cycle of Sleep

We need to do some re-thinking! Let's try and make some sense of your cycle of thoughts, feelings and reactions. Let's begin by getting to know just what you are thinking. Sounds simple, but it's something we don't often pay much attention to, even though we know we think a lot, we are often not aware of just *what* we are thinking.

Look at the thoughts around your sleep issue that you can see heighten your stress levels and list them below: Let them flow out of you by taking a thought and by answering the question "What will that mean?"

E.g.

- **I can't sleep** (what will that mean?)
- **I'm going to be shattered** (what will that mean?)
- **I'm going to feel angry and irritable** (what will that mean?)
- **I won't get the things done that I wanted too** (what will that mean?)
- **I've got so much to do that I will never get it done now - etc.**

It's really important to use your own words, so let them come out and keep going for as long as it makes sense or you get back to the initial thought – I can't sleep.

Refer back to these when you are exploring your cycle of sleep, as your thoughts will show your beliefs and assumptions, which are likely to be the sticking point.

Your Cycle of sleep

When the nightly situation of going to sleep occurs, it activates particular beliefs and assumptions. As a consequence the situation is perceived as threatening and dangerous

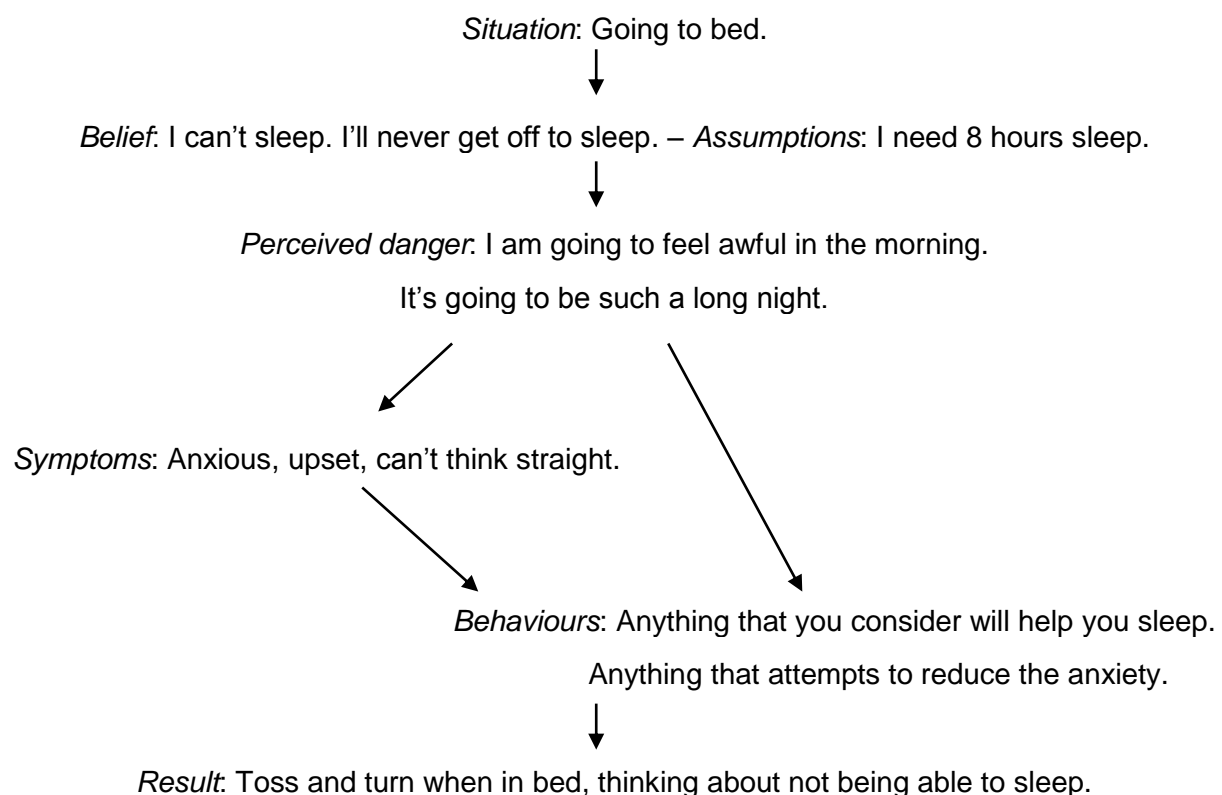
which in itself triggers further distress and anxiety. Your brain has linked going to bed with distress and anxiety. It may then likely sweep round and consider all the consequences for you being tired tomorrow, and thus add to this distress.

What tends to happen is that you focus totally in on yourself, becoming increasingly aware of how you feel about going to bed and sleeping, which heightens the feelings even more. The more you focus on your own shortcomings, the more self-conscious you become and the more threat the situation elicits.

Let's draw your cycle of events as it is now... Use the following headings and the example to guide you.

- ❖ **Situation:** Going to bed? Falling asleep? Or another way of putting it?
- ❖ **Beliefs:** Statements about the way things are, "I can't sleep."
- ❖ **Assumptions:** Your rules for living ... like "I need at least 8 hours sleep or else I'm shattered."
- ❖ **Perceived Danger:** What will happen if I don't sleep?
- ❖ **Symptoms:** Physically and emotionally. How do the beliefs and assumptions and the perceived danger for not sleeping manifest themselves in you?
- ❖ **Safety Behaviours:** What you do to try and lessen the feelings.
- ❖ **Result:** What specifically is the result of this cycle?

An example of a cycle of not sleeping



On the next page it's your turn:

Your example of a cycle of not sleeping

Situation:

Beliefs:

Assumptions:

Perceived Danger:

Symptoms:

Safety Behaviours:

Result:

Are there any interesting insights coming up for you?

5. Now how would you like it to be? Let's begin to imagine something being different. Be imaginative and creative!

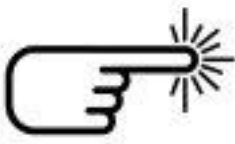
Write a detailed paragraph of how you would like things to be for you when getting ready and going to sleep. Make it as real and detailed as possible. In imagining and writing it, your brain, mind and body are beginning to consider an alternative.

Nothing will happen if you don't begin to imagine that it can. So daydream and see, hear, think everything that you can about how you would love it to be. Draw from your past experiences when you *were* able to get some good night's sleep.

❖ ACTION POINT

Homework:

- a. Now imagine this and make it into a movie and play it as much as possible in your mind.
- b. Listen to relaxation recordings when you get into bed, find the one that's right for you as they are not all the same.



[Click Here for two different downloads you can use for helping you sleep.](#)

Week 2 – Doing things differently

So far:

- We have given you some guidance as to how to work towards better sleep.
- We have explored what's happening for you at present to bring to your consciousness so you can see possible patterns that are happening. With awareness comes greater choice!
- We have explored the links between your thoughts, feelings and actions, to help your mind recognise that it is stuck in the cycle of not sleeping.
- We have begun to consider how things could be different for you.

Moving on ...

1) Let's set you some challenges

- a) Take out of your thinking patterns "I can't sleep!" This is physically impossible ... although it may well feel like a truth for most of the time.

You may not sleep when you want to sleep, or be getting enough sleep, or you wake up a lot, but "I can't sleep" is simply not possible. *Eventually* sleep will happen for you.

So ... you can no longer believe that you can't sleep! (Don't shoot the messenger!)

- b) Begin to work on the premise that you can manage on 4 hours sleep. You might feel a little groggy, but if you can accept that you *can* manage, then it will take the edge of the feelings of being deprived or miserable. This is crucial.

Take a few days to mull these ideas over and see what thoughts come up for you. Have a look at any resistance you have to them and see what that may be about for you? What is stopping you from taking on these new beliefs?

2) Support in allowing sleep to happen: The usefulness of Self-hypnosis

In hypnosis you enter a state of deep, calm relaxation during which you can work directly with your subconscious mind, that part of your mind that takes care of everything behind the scenes, the part of you that knows and triggers the natural sleep process. Hypnosis takes you to the relaxed state, where your brain frequency literally slows down (like in our natural sleep cycle) and where your subconscious mind can come to the front of the stage and do what it does best.

Self-hypnosis is safe, effective and will help any visualisations to bring about the changes you want. Here are a couple of methods of learning how to take yourself into hypnosis. Try them out and see which one works best for you.

Self-Hypnosis Methods

The Thumbnail Gazing Method



This method is particularly useful if you are not so good at using your mind to switch off and find it helpful to have something specific to focus on. Hold your thumb out in front of you and fix your gaze on your thumbnail.

Don't let your focus wander; just keep focussing on your thumbnail. Then *very* slowly begin to bring your hand closer to your face, as if your thumbnail was making a direct line towards your nose.

Remember to do this very slowly, as what you'll notice is that as your hand gets closer to your nose, and you keep your focus on your thumbnail, your eyes will begin to slowly defocus.

When eventually your thumbnail touches the tip of your nose, you'll be struggling to keep any focus at all, and at that point you can just let your arm drop down and allow your eyes to close.

The Eye-Breathing Method



The eye-breathing method is a slightly faster method of taking yourself into the hypnotic trance state. It's designed to regulate your breathing, which is often helpful in times of stress or anxiety, often an unwanted relative of sleeplessness.

It also creates the eye tiredness needed to lead you into eye closure, where you can then begin your visualisation method.

To begin, sit comfortably and settle your breathing as much as possible. When you are ready to begin, take a deep breath in, and at the same time move your eyes upwards as far as they can go. Count for two seconds and then breathe out completely, and as you breathe out, move your eyes as far down as they can go. Now repeat this two more times, and on the third breath out, as your eyes move down, just let your eyes close.

Again, this takes you into an early stage of the hypnotic trance state, which is all that's required for effective visualisation.

When you have completed what we call the "induction" (taking yourself into hypnosis), then you can take yourself through a simple body relaxation by literally going through each part of your body and using the power of your mind, relaxing all the muscles in that area.

Add this into your night time routine.

Once in hypnosis you try out the following and note any difference it makes.

- 1) Imagine yourself in a place where you can feel totally relaxed. Perhaps this can be on a beach watching the sunset, the country side, or a real fire in a wonderful old building - whatever feels right for you. Just immerse yourself in the experience and allow yourself to relax completely. If you get thoughts coming along to interrupt the experience practice putting them to one side and then return to the image. It does take practice.
- 2) Imagine a board in front of you. Write the number 100 on it. Then rub this out and write the number 99 ... as you rub each number out choose a phrase that feels comfortable to say to yourself like "deeper and deeper asleep," or "drifting deeper."

There are certain words that when said (outwardly or inwardly) encourage the brain to release the endorphins that naturally bring sleep forwards. "Deeper and deeper asleep" is one phrase that can do this.

- 3) I love this one and it never fails for me. I simply think of as many words as I can that represent sleep and then I say them to myself.

So ... "Sleep, sleepy, drifting, floating, dreamy, resting, relaxing ..."
If thinking of words stresses you out then this isn't the one for you!

- 4) Go through the alphabet A – Z thinking of 5 girls or boys names, or any other category. This can engage the conscious mind and often tires it out.
- 5) Simply imagine yourself getting the most wonderful nights sleep ever! See yourself incredibly peaceful. Notice everything about you and then imagine becoming that you.

Try each one out and note which ones you liked and practice them. Learning to go into hypnosis is a skill that you can learn. Everyone can go into hypnosis, it's just the depth of hypnosis that varies and this can be enhanced through practice.

❖ ACTION POINT

Homework:

- a. Keep practicing the imaginary scenes you liked the most above each day for the next week at various times of the day, of course making sure it's safe to do so.
- b. Practice twice per day, again during the next week, the imaginary scenes that didn't work so well for you above so you can get better at them.

Week 3 – Technically Changing

Now that you have self-hypnosis to begin to create new states to help induce sleep, here are two very helpful visualisations that can really take you into your natural sleep in a powerful way.

1) Let's now take the stress/anxiety that is holding back your natural sleep process and teach you how to lessen it at will.

- a) Imagine for a moment that you can look right down inside yourself. Travel down inside your body now, to the area where you feel all of that anxiety/stress that is disturbing you. It may be in your stomach, or somewhere else.

When you are there, imagine that stress/anxiety as *an object*. What kind of object is it? It could be a ball, a cube, a tornado or washing machine. However you imagine it, the main thing is that it needs to be from within your imagination.

- b) Let's start with this object's shape. What kind of shape is it? Is it circular? A square? Rectangular? A wave-like shape? Oblong or triangular? However you imagine the shape, let's begin now to work at changing its dimensions. Let's begin to change the symbolic image of the feelings. However you imagine the shape, I want you now to imagine it slowly changing to a different shape.

If it's round, begin to see corners emerge as it turns into a square.

If it's triangular, see the edges moving so the shape becomes a rectangle.

If it's square, make it into a ball.

Whatever the shape is, slowly mould it into a different shape. Notice what happens. If you don't feel more relaxed, then change the shape again until you find one that really fits 'calm and peaceful' for you.

- c) Next become aware of the *colour* of the shape. Remember, this shape is the symbolic image of your stress/anxiety. What colour is it? Is it a bright or dull colour? Is it a pastel type of colour or luminous? Whatever the colour is, just try to get as distinct an image of the colour as you can.

The next step now is to change the colour to an entirely different one. Make it as different a colour as you can, on the other end of the colour spectrum, so if it's black, make it white, or if it's red, turn it into a green image. Then find a colour that really feels relaxing and calming.

- d) Next, imagine the size of the shape: the size of the feeling. Is it big or small? Imagine that the larger the shape, the more intense the feeling is and the smaller the shape the less intense the pain. So now begin to change the size of the shape.

Remember, your imagination is infinitely creative, so you could simply shrink the object, or you could imagine sucking its energy away so it shrinks that way. You could compress the shape. Imagine what kind of tool would help you do that. If you imagine, for example, the emotion shape as a balloon, how about popping the balloon with a needle so it shrinks right down? Your imagination is so powerful; you can creatively do whatever you need to do.

The key here is to keep playing around in your creative imagination with how you experience the object, as this is your inner symbolic representation of your stress/anxiety. Change its colour, shape, size and ... keep changing it! As you practice doing this, you are changing all the inner associations with how you have stored the feeling away in your mind.

This one needs practice! It's a great one to use at any time when you begin to experience the feelings that will inhibit your sleep.

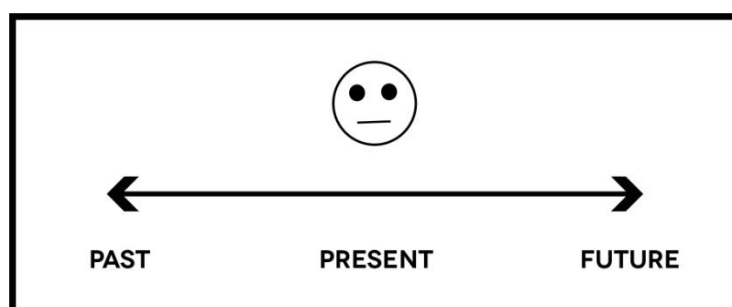
2) Using a resourceful self to guide you and support you into sleep.

I want to take you to just how different things are going to be and begin the re-programming and re-informing stage of this deep sleep process.

We are going to explore through a 'time-line' visualisation. So find some time and a place where you can relax and clear your mind. Make sure you have the time and space to develop the images, and explore them. It will take about 5 to 10 minutes.

- a) Imagine standing on a line that represents time for you, or even better, actually find a bit of space around you now, and physically stand on an imagined line in the room.

Stand in the present so that the past is behind you and the future ahead of you. Reach out and point to each aspect of time if it helps. Get a real *felt* sense of this.



- b) Now look into the future and see the *you* of the future, who has good quality regular sleep, and has all the resources you could possibly need, to live a full, happy and refreshed life.

Here you can meet challenges, face setbacks and still have wonderful sleep. You are *all* you really want to be. You have opened up to all the inner resources that you naturally have and need to sleep soundly.

As you stand in the present with the future you ahead, get a real felt sense of the journey you must walk to get there.

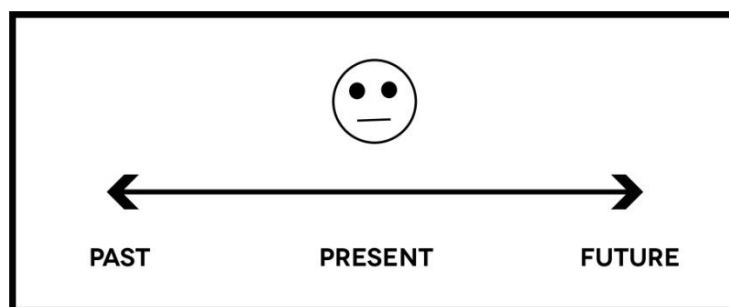


- c) Now walk along your timeline and move into the future to the place where you get the felt sense of having regular sleep and resourcefulness.

“Try on” the future you. **Step inside** him/her and see what she/he is like. Then, look back at the present where you were struggling.

Answer these questions:

- What’s it like being this future you?
- What steps did you need to take to get to where you are?
- What would you say to yourself in the present that would be helpful? What advice would you give to the present you that you need to hear?



- d) Step out of the future you, and walk back along the time line, back to the present, bringing with you the knowledge and resources from the future position, and transfer them into the present you, of the now.

The clients that have done this ‘live’ with me have found that stepping into the future them has made them realise how un-confident they actually feel in life, hence higher levels of anxiety and stress generally which seeps into their challenges of sleeping. So the future them felt strong and grounded and unflappable. There it didn’t matter if they slept or not, as there was an awareness that everything will be managed. Like a sense of trust in themselves. In trying this on, they could then keep rehearsing this future them in their minds. They now have someone to work towards to become.

If you create it in your visualisation, then you already have it deeply embedded within you, you just can’t yet reach it. They also practiced stepping into the ‘them’ of the future as they were getting ready for bed. It helped them change their state which is crucial here.

Some people come away with a step that they need to take now. The advice that comes from the future them being, "Let go of the past," or "focus on what you have got in life," or "not so fast, just slow down a little, you will get the same amount done." As this advice is coming from your inner future self, it's the best advice you can take!

Write down something that you have learned about yourself from this and the words of wisdom that you future self said to you. Hold this within yourself.

Course Review - What now?

In this course, you have:

- 1) Done some things differently to help the process of change.
- 2) Gained greater awareness of body and mind.
- 3) Explored an understanding of your beliefs and assumptions that impact your sleep cycle.
- 4) Learned the art of Self Hypnosis and some visualisation exercises to help induce sleep.
- 5) Advanced that with a technique to change the stress/anxiety state of going to sleep.
- 6) Discovered a future self, embedded in your mind to use to state change or for advice.

We hope you have found this useful!

If none of this has shifted anything in your sleep patterns, then it may be helpful to go a little deeper within yourself and look at the meaning of what's happening for you. Because there will be something that needs to be revealed and explored before you can slumber soundly. If nothing has changed, neither you nor this course has failed; it simply means you need to go a little deeper inside. That in itself is really helpful to know.

You may like to think about one to one therapy. If you would like a list of therapists, then please drop us a line and we can advise you or if you would like to send us some feedback then email us at info@selfhelpschool.com. You may help others to move on from sleeplessness and your experiences will certainly help future courses and research.

Thank you. We wish you all the best, and a restful future!

Self Help School

www.selfhelpschool.com