

INSOMNIA and SLEEP PROBLEMS



HELP IS HERE!

FREE INITIAL CONSULTATION AND ADVICE

HYPNOTHERAPY, EMDR, NLP and OCCUPATIONAL THERAPY

What does Mindscape Therapies offer?

Mindscape offers a **holistic service of hypnotherapy and other therapies**, to support physical and emotional health and well being, as well as to help you achieve your personal goals.

What is insomnia?

Insomnia is the inability to get sufficient sleep.

Chronic insomnia may last for weeks, months or even years.

Transient insomnia, lasting for a few nights or weeks only, is usually related to a stressful event, such as exams or a bereavement.

Insomnia may take the form of:

- **Difficulty falling asleep**, which is more common in younger people, and is often related to the mind 'ticking over'
- **Sleeping restlessly or lightly, waking often, lying awake in the middle of the night** – more common in people over 40; in younger people it can be associated with depression.
- **Waking early and being unable to get back to sleep** – more common in older people, and if you are depressed, or worried about something in particular. Older people do need less sleep than average.

What are the effects of insomnia?

- Daytime tiredness
- Frequent headaches
- Increased appetite/hunger
- Irritability
- Poor concentration – ability to drive and to operate machinery may be impaired
- Feeling tired and not refreshed on waking.

What are the common causes of insomnia?

- Change – moving house, starting a new job
- Emotional factors – anxiety, depression, grief, worry, anticipation, excitement
- Environment – noise, jet lag, being away from home, uncomfortable bed
- Medical conditions – heart problems, breathing problems, arthritis, poor digestion, high blood pressure.
- Medications, sleeping pills, alcohol, illicit drugs, eating a large meal
- Pain
- Shift work.

How can hypnotherapy help?

Hypnotherapy's value is that it is a **holistic and natural way to tackle insomnia**. Hypnosis is simply a profound state of relaxation, where the mind is more receptive to positive suggestion and change.

Hypnotherapy can thus reduce any stress or physical tension which contributes to your sleep problems, and **promote quality and quantity of sleep**. Hypnosis accesses your subconscious mind, the part concerned with memories, automatic behaviours and feelings, to change thoughts and habits and to identify any underlying factors contributing to your insomnia. Often, insomnia becomes a vicious circle, as people get frustrated, worried, even depressed as a result of their sleep problem. Hypnosis can replace these negative thoughts and feelings with more positive and adaptive ones.

If you are having sleep problems as a result of stress, depression, pain or other difficulties, then **hypnosis can assist** with these problems, enabling you to cope and sleep better.

I'll provide relaxation CDs which you can listen to in bed at night; this promotes self help and enhances the practice effect of going into trance – **self hypnosis is a skill which can be learned and developed, like any other**.

How can I help myself?

If you suffer from insomnia, you've probably tried a number of self help techniques, but you may need to use more of them, for longer.

Change your environment

Is your room too light? Too dark?

Is your bed comfortable? Try putting a piece of wood under your mattress, or lying on top of a spare duvet, to see if this helps.

Use ear plugs, quiet music or radio static to reduce outside noise.

Change your lifestyle

If you find exercising after work keeps you awake, try more gentle exercise such as swimming or yoga, or exercising earlier, even if only at the weekends.

Caffeine can stay in the body for up to **twenty hours**, so you may need to cut out caffeine altogether!

Carbohydrate snacks before bed can help.

Why choose to work with Mindscape Therapies?

I'm Kate Mortimer, and I run Mindscape Therapies. **An experienced, well qualified clinician, I work with a wide range of issues**, specialising in emotional wellbeing and mental health. I have facilitated skills and therapeutic groups and worked 1:1 with clients since 1999.

I work from a humanistic, client centred perspective, valuing and respecting you, your experiences and your choices.

I work to NCH, APHP & BAOT Codes of Ethics, and am totally committed to providing a holistic, confidential, ethical and professional service.

I am passionate about what I do, and it's my privilege to support you to achieve your goals and dreams.

Please contact me for a **FREE** initial consultation, information or advice.

Competitive rates.

07810 510170

kate@mindscapetherapies.co.uk

www.mindscapetherapies.co.uk

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