

Can't sleep? Here are some reasons why

BY MONICA DOBBIE CH

It's interesting to think that a person 60 years old has spent 20 years in bed.

The third of your life that you sleep has a profound effect on the other two thirds of your life. Not sleeping has a profound effect too.



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Apparently there are 70 million Americans suffering from sleep deprivation. Some is self-imposed by following unhealthy sleep-patterns, some due to insomnia.

Proper nutrition and exercise has been valued for many years. However, sleep is the single most important factor in good health.

In our hectic world people try to cram more than 24 hours into each day. To accomplish more in our busy lives, we sometimes cut down on our sleep time. This is counter-productive.

If we get less sleep, we actually accomplish less. A good night's sleep is vital to our physical, mental, and emotional health, and, on average, most adults need between seven and nine hours of sleep nightly.

If we were to go to bed at night and sleep for as long as we wished, we would probably all sleep at least one hour longer.

The primary causes of insomnia are anxiety, stress, worry and excitement.

If you're worried about your kids, or the mortgage or a big project at work, you are likely to have stress and trouble sleeping. Another common cause of insomnia is the way people respond to their inability to sleep.

After not sleeping well for several days, many people become worried, frustrated, or depressed. This causes them to place added pressure on themselves to sleep.

This leads to increased anxiety at bedtime, which further interferes with sleep. In no time at all, a



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WIDE AWAKE: A good night's sleep is a major factor in maintaining good health.

vicious cycle of “failure-worry-more failure-more worry” develops.

Are you one of those people who is tossing and turning in your bed at night? Lying awake worrying that you can't get to sleep and how you'll be too tired in the morning to do all the things you have to do.

When your sleep becomes disturbed, your goal should be to restore your previous sleep pattern as quickly as possible.

Swift intervention can cure most types of sleeping problems and prevent them from becoming chronic.

How to get a good night's sleep

1) A regular sleep schedule is useful. Go to bed at the same time each night, even on weekends, and wake without an alarm clock.

If you encourage your body and brain to adopt a consistent sleep-wake cycle, after a while, this conditioned pattern will take



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over naturally on its own.

2) Deal with worries several hours before bedtime.

Make a list of all your immediate problems and concerns and then write

down one or two actions you could take the next day to help resolve them.

3) Develop a sleep ritual. Doing the same things each night just before bed signals

your body to settle down for the night.

4) Keep a pad and pencil by your bed. If you wake in the night with a critical thought, jot it down, thereby transferring your thoughts from your brain to the paper and avoiding worry that you will forget it by morning.

5) One of the best things you can do to prevent or eliminate insomnia is to learn how to deal with stress more effectively. When stress is removed, normal sleep patterns are usually quickly restored.

A hypnotherapist can help you to cope with stress and anxiety so that you sleep better. ■

MONICA DOBBIE is a licensed hypnotherapist living in Bermuda. She can be reached at 505 7531 E-mail: change@hypnosisbermuda.com for information about lifestyle habits which will help you to have a sound night's sleep.



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Take the next step, and give me a call to discuss how I may help you.

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