

## **RE-IGNITE YOUR BRAIN'S NATURAL SLEEP CYCLE!**

### **Sleep: How does your brain sleep? Like lying on a Beach in Maui or like sitting in a fast moving train with the horn blowing?**

Hypnosis and Guided Imagery are proven drug-free ways to alter the brain into more efficient sleep patterns. Did you know that nearly 40% of Americans report getting fewer than seven hours of sleep on weekdays and nearly 60% say they experience some kind of insomnia at least several nights a week, according to a National Sleep Foundation poll. Jerry Siegel, a neuroscientist at UCLA's Center for Sleep Research says, "Sleep may be essential for life, it's certainly essential for optimum brain function."

Those of us who are going through periods of time where we feel depressed or anxious it seems our brains just won't shut off. It is hard to fall asleep and stay asleep and we ruminate on problems or worries. This disrupts our natural REM cycle where issues may have been naturally worked out through dreams. Dreams tend to get more positive as the night goes on, and waking up too soon interrupts this process (Newsweek, 2004).

Medications for sleep are one of the most sought after and highly prescribed drugs in our country. Although they can help many people get to sleep they often leave side effects the next day of sluggishness, mental fog and dehydration. Many of these medications have addictive qualities and should not be used with any regularity.

Good, easy and restful sleep is a "natural," or as we like to put it, "organic" function of our brain. Like other parts of the human condition, this organic process can be disrupted by a lot of factors. Getting the brain back on its' natural track is easy, painless and powerful.

There is a growing body of research that supports the ancient practice of hypnosis and guided imagery as an effective tool for sleep disturbances. In a recent study at the College of Nursing, University of Utah, Salt Lake (Stephanie Richardson), it was discovered that the use of hypnotic relaxation and guided imagery with critically ill adults improved all the subject's sleep over time.

A few quick tips to slow down the speeding train of thoughts, relax the tensions in the body and float into a good night of healthy and productive sleep.

- ◆ Have a small glass of water one hour before bed. Avoid caffeine or alcohol. A hydrated brain is a happy and relaxed brain.
- ◆ Fluctuating hormones can contribute to sleep problems. Make sure you see your doctor and let them know you want to seek non-narcotic ways of sleeping better.
- ◆ Develop a routine that you do just before bed. It's best if it does not include stimulating information like TV or a Thriller Novel, and don't check your email just before bed...We know you've done this...we have too, and it only activates our thoughts.
- ◆ Once in bed, bring your attention to your breathing and feel your breath going in and out, placing your hand on your belly, just below your navel and feel it rise and fall with the breath,

- ◆ The right kind of music literally lulls your brain waves into sleepy theta waves to aid in deep sleep. Music activates the brain's relaxation program.
- ◆ Putting it all together – use our professionally designed STAY ASLEEP CD program. We have put it all together for you, the music, dual hemisphere activation for whole brain learning, the lullaby pacing and the potent words to relax your mind and body and restore your natural sleep cycle. It's important to use this as often as possible. Re-training your brain in this natural healthy way takes time...invest the time to restore your brain's natural ability. It is so easy just to get comfy, put the headphones on and let us work with your brain for greater health and happiness.
- ◆ The greatest gift we can give anyone is improved quality of life! If you know someone who suffers from sleep problems give him or her a gift that makes a difference.

We celebrate your health and happiness!

Warmly,

*Diane Ulicsni*