

Insomnia & Sleep Disorders

Good quality sleep is vital to your health and well-being. Lack of sleep affects many areas of your life and often results in becoming anxious, short tempered, lacking in energy and motivation and/or exhaustion and can affect your ability to cope with life. What's more, with serious sleep disorders such as insomnia, the inability to sleep can become an obsession, thus exacerbating the problem.

A short period of sleeplessness can happen to any of us and its consequence is usually tiredness. However, if the sleeplessness gets out of control then this can lead to serious health and social problems. Hence, it is so very important that you take care of your insomnia, initiating at the earliest so that it does not become a threat to your existence. Solution Focused Hypnotherapy is a very quick and effective way of helping to resolve the issues which lead to sleep disorders and restore good sleep patterns.

Common sleep disorders include:

- Insomnia
- Difficulty getting to sleep
- Waking up in the middle of the night
- Waking up too early
- Difficulty Waking up

Solution Focused Hypnotherapy can help correct unhealthy sleep patterns by reducing anxiety and reprogramming the sub-conscious mind.