

Falling asleep fast!

Simple self-help tricks to overcome insomnia by tapping into your subconscious.



FEATURE

Living in a highly-stressed society today has resulted in a very common scene in many bedrooms – insomniacs tossing and turning in bed, counting sheep, maybe getting up to read a book or drinking a cup of warm milk.

In short, the increasingly common sight after dark now is that of bedroom lights on for hours at a stretch and its occupants awake, instead of getting Zzzs.

After various sleep-inducing efforts that fail to work as promised, and simply out of sheer exhaustion, we eventually ‘fall asleep’ – only to wake up two hours later for work.

Insomnia, a sleeping disorder characterised by constant difficulty in falling asleep, or staying asleep, is becoming more prevalent among Malaysians.

About 34% of Malaysians suffer from this syndrome and many reports indicate a higher prevalence of feeling depressed, loss of concentration, exhaustion, poor memory, decreased productivity and a perceived poor health status among those who suffer this malady.

Unlike other hidden doubts, you are fully aware of the problem if you suffer from insomnia. You will constantly worry during the hours awake whether you will be able to sleep that night.

And if you miss one night’s sleep, you will start to worry even more about losing sleep again the next night and the next, and so on.

With such worrying thoughts prevalent in your mind, you’ll soon be fully preoccupied with all kinds of fears and anxiety.

Worse, when your conscious mind is busy with these emotional conflicts, the brain will have a difficult time in trying to release its conscious processing. Thoughts, ideas, memories and events will just keep running in your heads and you will worry so much about not being able to sleep that – you will indeed not be able to fall asleep!

To break this vicious cycle, a change is required – specifically, you would need to change your pattern of falling asleep.

One way would be to condition your brain to go into the relaxed state and to use unconscious triggers to eliminate all the worries and fears troubling you so you can stay asleep once you actually fall asleep.

This aspect is important because falling asleep alone is not good enough – you also need to stay asleep so that both your body and mind get the optimum amount of rest needed to function properly on a daily basis.

Given the hectic lifestyle, some people nowadays take all sorts of drugs and medication in hopes of finding the magic cure for a good night’s sleep – seeking shortcuts instead of simply relaxing.

Sedative drugs, antihistamines and a wide range of other drugs will assist in inducing sleep, and there are also other types of complementary or alternative medicine that will do the same.

However, such shortcuts don’t really work in the long run because ‘sleeping pills’ merely act as placebos; your brain believes that the drugs will help (when in fact it may only be a sugar tablet) and will help you fall asleep.

Understanding this placebo effect can help you take advantage of its benefits. So, to help address



sleeplessness, hypnosis can be really effective because it changes the way the unconscious mind works in your frenetic regular state.

Hypnosis is a natural state and is characterised by deep relaxation of your mental and physical and emotional levels. In the clinical hypnotic state, your hypnotherapist will be able to show you how to connect with your unconscious mind.

One major advantage is that the unconscious mind is not able to tell the difference between a real and imagined event.

Under hypnosis, with the conscious and unconscious mind working together, making changes thus becomes so much easier. It creates the belief that something is possible and allows your mind to act on the suggestion as if it is real and creates a new outcome. In this case, it can help you sleep soundly – the perfect cure for insomnia!

If you can't teach yourself to relax, hypnotherapy will be able to re-educate your mind to enable you to have a good night's sleep. Your therapist would be able to help teach you better self-hypnosis techniques with which you can help condition yourself into a relaxed state to help your mind and body slow down at the end of the day.

Together with an improved lifestyle habit, self-hypnosis will thus allow you to be able to maintain the changes to help you sleep better.

In self-hypnosis, the law of suggestibility applies. As we approach the unconscious sleep state, we pass through the hypnodial state. This is when our mindset is very receptive and there is increased suggestibility. And you would be listening to the one person whom every one of us are the most suggestible to getting input from – ourselves.

Whether you realise it or not, we talk to ourselves into and out of doing many things. When we tell

ourselves to do something, we are most likely to follow through with it.

Hence, it would be a good strategy to give ourselves a 'suggestion' when getting in bed. You can tell yourself 'I will be calm and relaxed when I lie in bed' or 'I will have a refreshing sleep and wake up the next morning feeling bright and energetic'.

Such simple relaxation suggestions can also be used for other issues that you might have. Self-hypnosis is not only useful for insomnia – it can also help you better manage your raging temper or weight loss, just to mention a few examples.

Further, self-hypnosis can be used for self-empowerment so that you will feel more confident and more optimistic in your life.

For more information on hypnotherapy, visit <http://www.hypnosis-malaysia.com>. **OH!**

