

[Cure Your Insomnia With 8 Quick Steps With Self Hypnosis](#)

Insomnia is a very common symptom of stress and depression. Whether you wake up during the night and have a hard time falling back to sleep, or you have a hard time falling asleep initially, you have insomnia.

THERE ARE FOUR TYPES OF INSOMNIA

PSYCHO-REACTIVE INSOMNIA: Psycho-reactive Insomnia is generally caused by tension. The person's mind is keeping them awake with worry. In addition, they may begin to worry about getting to sleep because they have to awaken in the morning. Insomnia sufferers often worry that they may become ill or die from lack of sleep.

ENDOGENOUS INSOMNIA: This is often caused by a discomfort within the body ranging from indigestion to pain.

EXOGENOUS INSOMNIA: This is caused by disturbances outside of the body such as noise or a partner's snoring. This is the easiest type of insomnia or sleep disturbance to cure.

FUNCTIONAL INSOMNIA: This is caused by a physical problem in the subject's sleep-wakefulness center in the brain.

Many insomniacs develop a phobia of getting into bed because they expect to lie awake. This negative type of expectation can cause a bout of insomnia all by itself.

HERE ARE THE FACTS

1. Nobody has ever died from or become ill from not sleeping enough. The body and mind will always get at least the minimum amount of rest that it needs, no matter what. If you lose some sleep one night, the next night you will get enough sleep to make up the loss.
2. Our internal clock brings about a valley of fatigue in cycles. Every four to six hours you will experience the maximum amount of fatigue, and this is when it is easiest for you to fall asleep. After that you will experience a renewed level of energy and it will become difficult to fall asleep.
3. Many people are sure that they have not slept a wink, but research labs have proven that we all sleep during the night. Sometimes you believe that you've been lying awake thinking, but actually you have been sleeping lightly and dreaming.
4. Trying to fall asleep: There is a law of nature called "The Law of Reversed Effect." The law says that if you "try" to do something, you will get the opposite. And the harder you "try," the more you will get the opposite. So, trying to fall asleep will insure that you will remain awake. Do not "try" to fall asleep, and do not try to will yourself to sleep. Merely allow yourself to fall asleep.
5. Alcohol will put you to sleep: This may be true, as alcohol is a depressant. However, as soon as the drink wears off, you will awaken abruptly and it will become harder than ever to fall asleep.
6. Sleeping pills will help: During sleep it is the dream phase in which we get our rest. Sleeping pills suppress the dream phase of sleep (REM sleep). That is why one generally awakens feeling more tired than before going to sleep after using drugs.

EFFECTING A CURE

1. figure out what time you feel the most fatigued in the evening. From that point forward, every evening at least an hour before that time, take a bath that is slightly warmer than body temperature for 20 minutes. A shower will not have the intended effect.
2. Drink a warm beverage, preferably not tea because of the caffeine, which will wake you up. It's best to drink warm milk if you can tolerate it.
3. Stop thoughts of problems that you have. Do not think about what you need to do tomorrow. If you are worried that you will forget what you have to do tomorrow, write it down.
4. Avoid stimulating thoughts and TV shows. If you must read, then read something that is tiresome.

5. Reserve your bed for sleep. Watch TV or read only from a chair or while on your couch.

6. Get into bed at least 20 minutes before your valley of fatigue. Once you are in bed, if worries start to pop into your head, repeat this mantra several times to yourself, "I'll think about it tomorrow." This will help to stop the excessive thinking. Do not try to make your mind blank and don't try to fall asleep. Just allow yourself to rest.

7. For Endogenous Insomnia, you should eliminate the discomfort to the best of your ability.

8. For Exogenous Insomnia, make your room as quiet as possible. If your partner listens to loud music, you can move to another room. Running a fan motor can bring on sleep, as it will tend to muffle loud noises. The monotonous drone of the fan usually proves to be quite hypnotic and relaxing.

HYPNOSIS FOR INSOMNIA - PSYCHO-REACTIVE AND FUNCTIONAL INSOMNIA

Practice hypnotherapy for insomnia every day. Stress worsens and can even cause a sleeping problem. Self-hypnosis CD's can help you to swiftly manage stress. Post-hypnotic suggestions for coping, and to encourage the anticipation of sleep can help. Your sub vocalized motto should be: "I fall asleep promptly, and sleep soundly and restfully all through the night."

About the Author

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