

# Insomnia

Sleep is our energy regenerator for both body and mind and may even be more – with sleep acting as a brain rehearsal for how to be effective in life. Without sleep, and especially the REM phase, people can quite literally go mad. People who suffer from sleeplessness, insomnia, or other sleep disorders often have highly active imaginations and may be running patterns originating in unresolved problems that just do not allow them to get enough rest.

Going to sleep requires the trust that we will wake up refreshed. Once that trust is lost, it becomes difficult to enjoy the very real benefits of a good night's sleep. Many people think that hypnosis is like sleep, which it is not at all. It is a state of mind that is semi-aware. But what it does do is allow the conscious and unconscious parts of the mind to carefully unravel the issues, which often results in peaceful reintegration and you can imagine your life again where going to bed holds no terror and getting up sees your energy back to optimum levels.

