



Peak Power Hypnosis

Restorative Sleep

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This Guide is Different...

In it you are going to find information and techniques that you can use to get better quality sleep, and more of it.

You will see psychological techniques to make changes to your current patterns of sleepless nights. Practical things that you can do, that will make a difference to the amount and quality of sleep you get.

There is much advice like, stop drinking coffee mid afternoon or at least eight hours before bed. The usual information about not watching television an hour before bed, spend an hour before bed relaxing. All that kind of advice is good and some of it you can do easily, but changing the patterns you have developed, that is the important part. "

The patterns of sleepless nights, those are the patterns that need to change and create new choice points, much more exciting new choices and have these as alternatives.

This guide contains 2 simple techniques that will increase the amount of good nights sleep that you get.

You may find that one of the techniques work better for you.

Or you may find that you go back to the other technique later (if you need to), and if you do, it have a more profound effect...

Or sometimes one technique is simply enough to cause a complete change, other times both techniques are required to re pattern the old patterns of behaviour in a new way.

Talking to yourself

When your mind is active you can be thinking about anything from what healthy tastily food are you going to have for dinner to thinking abundant thoughts about your future... or thinking about anything.

But there really are only two way you can think about those things.

That is by 'thinking' with an internal dialogue and by 'thinking' with images... or both.

The 'thoughts' that are the internal dialogue and the images you think of, cause the feelings you feel.

Sometime we lead with our feelings in some situations, the 'thoughts' aren't conscious its just a feeling. The ones of those that are blocks or patterns of behaviour that repeat often that aren't positive for you need to be changed. And can be quite easily when you know how, by re-patterning the behaviours, quickly and easily.

So lets get into the how.

Leaving for a moment the content that is keeping your mind active. The topic of thought is much less important that the structure of the though.

And when you understand the structure of thought you can make changes to the structure of the though and the feelings will change.

Internal Dialogue

When one of the things keeping you awake, the 'thoughts' that are internal dialogue (normaily talking in an anxious, higher pitched, voice tone) is something you can change.

When you change the structure of the though, the voice tone and

pitch it changes everything.

If the voice tone was slow and tired, sleepy sounding it would actually help you relax you to sleep.

But a loud higher pitched, anxious internal dialogue saying 'bad things' is going to keep you awake.

'Thinking' is something that is happening all the time. Its an activity that we are either actively participating in (proactive), or are not consciously 'thinking' or participating in (passive).

It time to become conscious of the kind of voice that you listen to when you are struggling to sleep.

Simply remember (as clear as you can) what your internal dialogue (the one that keeps you awake), sounds like...

Remember what it sounds like and ask yourself:

Is the voice faster than when I talk normally, or slower?

Is the voice higher, or lower pitched than I normally speak?

Dose the voice sound like my voice or someone else's?

Dose the voice sound like it talking at me or coming from inside me?

Once you have answered those questions and got an insight to the structure of the 'thought', let change it.

Now, focus on the speed of the voice . . .

. . . Imagine it faster . . .

. . . Then imagine it slower . . .

. . . Then imagine it slower again . . .

. . . Even slower still, and keep slowing it down . . .

. . . and lower the pitch of it . . .

If you notice another voice saying: "That didn't work", do it to that

voice as well... and any other voice that comes up, do it to that voice too. Slow it down and lower the pitch of it.

Practice that now.

Do it with three different 'thoughts'

Once you have done this three times you will be showing your unconscious mind that you don't want to have these kind of thought anymore.

Plus you will be planning to slow the voice down in the future by imagining a time in the future when you would have kept yourself awake and imagined it going a different way, you falling back to sleep right away.

And you will have just practiced a technique you can use in the future should you need to. Slowing down your internal dialogue to get back to sleep.

So Practice that now before reading any further, and be someone who get results and takes action.

PRACTICE BREAK

The other way of 'thinking' that keeps you awake, is making images in your mind that stop you from sleeping.

My son used to wake up from a nightmare, and he would keep thinking about it, and not be able to get back to sleep. So I taught him to think of the image from his nightmare, then deliberately make the image go blank, the brightest white, really quickly. I told him to do this 10 times to the same picture. He could no longer 'think' about the scary 'thought', the image was gone.

I told him then he should think about all the cool things that he wanted to do the next day... and he fell asleep.

After a couple of evenings doing that, he was doing it himself and fell back to sleep.

So, first up you have to remember the things that keep you awake.

What does it look like?

How big is the image?

How close to you does it seem?

Is it clear and focused, or fuzzy?

Then while looking at the image, imagine the whole image going completely blank, bright white. Open your eyes and do it again. Repeat this ten times.

Then think about relaxing easily to sleep.

This is the same as the technique above, in that you should do it now. Three times, with three different thoughts.

It also re-patterns your mind and shows you how easy it is to do if you need to so you can get back to sleep easily any time you want.

Close your eyes

Imagine the image

Then imagine the whole image going completely blank bright white

Open your eyes

Repeat steps 1 - 4 ten times

Notice how different you feel

Then do this again with two other 'thought' that keep you awake.

Doing these mind reprogramming techniques focus your mind on making change and getting better quality sleep and more of it.

Combining this with Trypnosis, our blend of hypnosis, brain wave entrainment and deep trance soundscapes to drift to sleep in minutes and wake refreshed, is used by thousands of people.