

## Having trouble sleeping?

Studies indicate that 90% of the public will experience insomnia at one time or another. Many recognize that insomnia is a symptom of an underlying problem, not an isolated disease itself. The most common causes of insomnia are stress, anxiety, depression, pain, and chemical influences.

When the ability to sleep soundly is compromised, your capacity to function mentally, emotionally and physically may be affected. For instance, sleep deprivation can impair your body's immune system when it comes to fighting infection. [After a poor night's sleep a person will generally experience fatigue, which results in a loss of energy along with a decrease in focus and concentration.](#)

Recently, an overwhelmed professional sought help through hypnotherapy. She wanted to address the impact stress was having on her personal life, her health and her family. After mastering the use of deep diaphragmatic breathing, affirmations and creative visualization techniques, she dramatically reduced the effects of stress in her life and began to sleep soundly. She was also able to teach her teenage son, who suffers with ADHD, these simple techniques. His use of these practices now helps him sleep more soundly and remain relaxed and less anxious during the course of his day.

The quality of our sleep is just as important as the quantity. Are you sleeping soundly? Is your sleep interrupted by frequent trips to the bathroom or your partners loud snoring? Do you fall asleep easily and then wake up in the middle of the night to find that you are unable to fall back asleep?

There are many effective strategies for addressing insomnia. Next time you prepare for a good night's sleep, try breathing long, slow, deep breathes in and out. As you focus on inhaling and exhaling, count each breath, counting upward to between 20-40 times. Do this for several nights.

Learning to program your mind for successful sound sleep is one very powerful tool you can access.

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