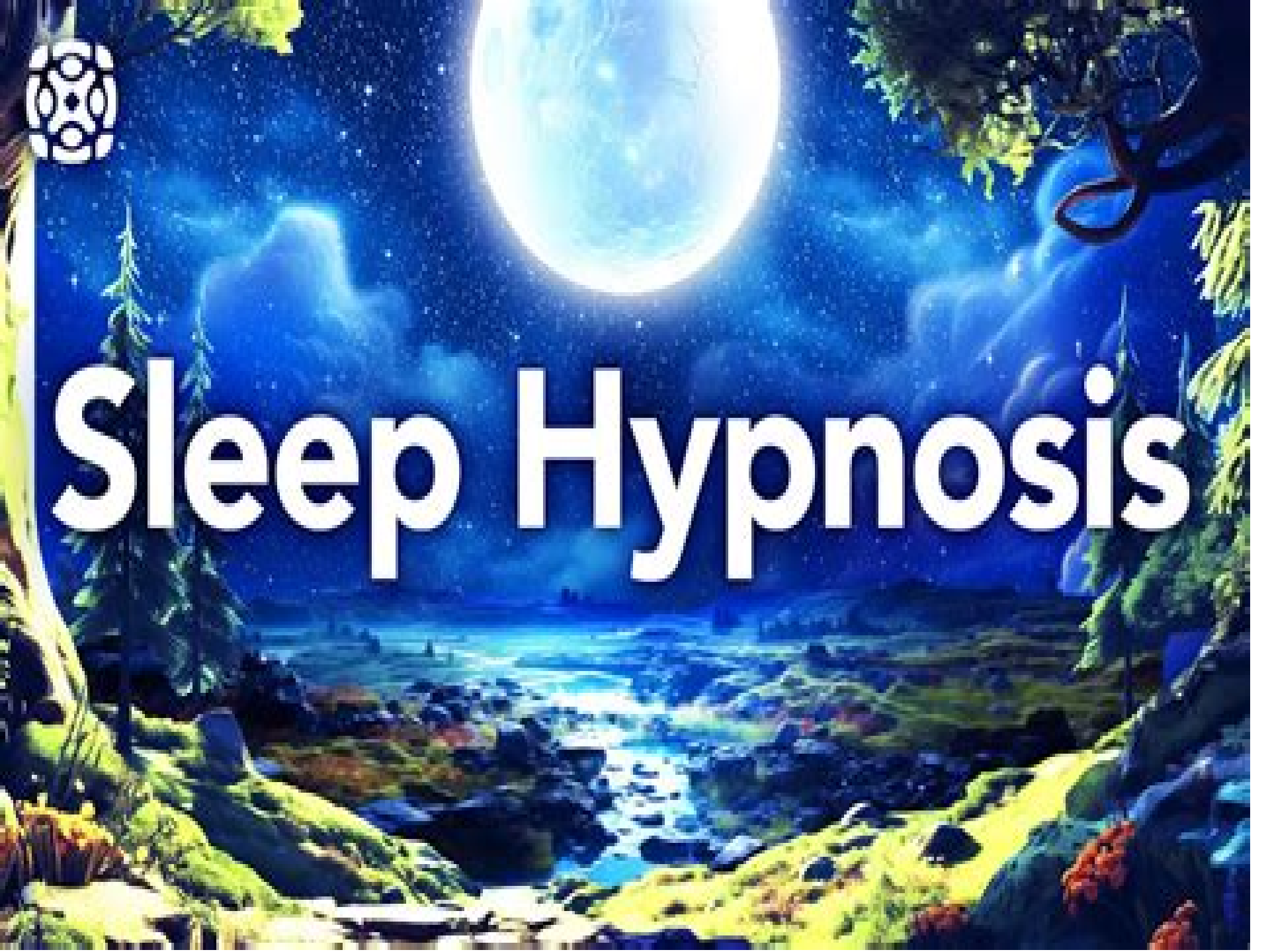




Sleep Hypnosis



Sleep Well Meditation Hypnosis Relaxation

Gisela Henriksen Kjeldberg



Sleep Well Meditation Hypnosis Relaxation:

Deep Sleep Meditation Hypnosis Gisela Henriksen Kjeldberg, In the quiet hours before dawn millions of people around the world lie awake staring at their ceilings willing themselves to fall asleep The digital glow of alarm clocks marks another sleepless hour another night of tossing and turning another morning that will begin with exhaustion rather than refreshment This scenario has become so commonplace in our modern society that we have almost accepted it as normal but the truth is that we are facing an unprecedented sleep crisis that affects nearly every aspect of our physical and mental well being Sleep is not merely a period of rest or inactivity It is a complex biological process during which our bodies repair themselves our brains consolidate memories and our minds process the experiences of the day During sleep our immune systems strengthen our muscles recover from the day s activities and our neurons clear away the metabolic waste that accumulates during waking hours Without adequate sleep these vital processes are disrupted leading to a cascade of health problems that can affect everything from our cognitive function to our emotional stability The statistics surrounding sleep deprivation are alarming Studies consistently show that a significant portion of the adult population regularly gets less than the recommended seven to nine hours of sleep per night The consequences of this chronic sleep debt extend far beyond simple fatigue Sleep deprivation has been linked to increased risks of cardiovascular disease diabetes obesity depression anxiety and even shortened lifespan On a cognitive level lack of sleep impairs our ability to concentrate make decisions solve problems and form new memories It affects our reaction times making us more prone to accidents and it weakens our immune systems making us more susceptible to illness

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Handbook of Evidence-Based Practice in Clinical Psychology, Adult Disorders Michel Hersen, Peter Sturmey, 2012-06-05 Handbook of Evidence Based Practice in Clinical Psychology Volume 2 covers the evidence based practices now identified for treating adults with a wide range of DSM disorders Topics include fundamental issues adult cognitive disorders substance related disorders psychotic mood and anxiety disorders and sexual disorders Each chapter provides a comprehensive review of the evidence based practice literature for each disorder and then covers several different treatment types for clinical implementation Edited by the renowned Peter Sturmey and Michel Hersen and featuring contributions from experts in the field this reference is ideal for academics researchers and libraries *Guided Meditations for Sleep, Anxiety, and Insomnia* Absolute Peace, Do you want to be able to get fall asleep faster or reduce your anxiety and insomnia If so then keep reading Do you have problems falling asleep Relieving stress Reducing your anxiety Or having a high quality sleep If you do this book will help you to counter these problems by reading relaxing content which can help you get to rest much more easily In Guided Meditations for Sleep Anxiety and Insomnia you will discover A Relaxing meditation

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