

Self-Hypnosis for Insomnia: It's a Skill, not a Pill!

Did you know that your mind has the ability to:

- Turn off the busy brain
- Quickly drop worries
- And order your body to totally relax... drifting off to a deep and restful sleep?

It does! In fact, you have a healthy pharmacy between your ears! And with self-hypnosis you can write your own prescription for "sleeping medication." It's free and has only good side-effects.

What do the pharmaceutical companies preach as the solution for insomnia?

Sleeping pills. They do help in the short term but in the long term can be addictive. Withdrawing from them can actually cause insomnia!

You may be interested to read that the NIH Consensus Panel concluded that mind-body methods such as hypnotherapy produce significant changes in the quality and quantity of sleep (as well as helping with chronic pain).

In fact, medical research shows that hypnotherapy is superior to medication in the long-run, is useful in withdrawing people from chronic sleeping pill use, is effective for children and seniors and helps with hot-flash disturbances.

It's a skill, not a pill.

Written by Kathy Doner M.D.

To learn a simple and effective Self-Hypnosis skill for overcoming insomnia and many other stress related conditions, find out about our [Cool Calm & Collected CD](#), or consider attending our [Self-Hypnosis workshop](#).