

# Sleeping Like A Baby

By Lyndall Briggs & Gary Green



This kit includes a simple,  
proven & effective CD + GUIDEBOOK.  
Expect deep restful refreshing sleep, quickly & easily!



# FREE Sample

To succeed you need the Sleeping Like a Baby Cd which has been proven effective through scientific research, with benefits almost guaranteed immediately! It also comes with the complete version of the 25 page Sleeping Like a Baby Biblio-therapeutic Guidebook.

## ABOUT THE AUTHORS / NARRATORS

Lyndall is the President of the Australian Society of Clinical Hypnotherapists (RMASCH/Supervisor), Fellow/Supervisor and Board Member with the Australian Counselling Association (FACA), Clinical Member/Supervisor and Board Member of the ABNLP (Australian Board of Neuro Linguistic Programming), Full Member of the Australian Association for Psychological Type Inc (AusAPT), Master Practitioner of NLP with a strong background in Emotional Freedom Technique (EFT) and Nutrition through the International Academy of Nutrition (IAN).

Gary's a Peak Performance Coach, 6th Dan Taekwondo Master (MAIA) & international speaker with formal qualifications in Performance Psychology (ACAP), Technical Analysis (ATAA), Clinical Hypnotherapy (NSWSHS), Coaching (ASC), Workplace Training/Assessment (ISA) & a University Masters Degree in Counselling (Psych. UWS). He's also a long term member of the NSW Justices' Association (NSWJA), Theosophical Society (TS), Mensa & fully accredited Clinical Member/Supervisor with the Australian Counselling Association (CMACA). For a complete list of their qualification, please visit the [SelfDevelopment.biz](http://SelfDevelopment.biz) website.



## SLEEPING LIKE A BABY (SLAB)

Firstly, what is insomnia? We all know how horrible it can feel to be sleep deprived. We get grouchy, have trouble staying focused & most certainly don't feel we are working at our optimum levels. Insomnia is the inability to fall asleep or remain asleep for an adequate length of time, in the absence of external impediments, such as excessive noise or bright light & during the period when sleep should normally occur. Approximately 50% of adults experience significant insomnia at some stage of their lives.

So what's it a symptom of? There are two answers, the **Ancient** & the **Modern**. At first glance they seem completely different, but a closer look reveals some remarkable similarities. The **Ancient** angle on a modern malady tells us that all insomnia is caused by indigestion. That is, at some level, physical, mental or emotional we haven't completed extracting what is helpful & eliminating what is indigestible. This is one of

the keys to understanding insomnia. On the physical level, indigestion is caused either by bad food or by weak digestion & leads to conditions like heartburn, flatulence & bloating.

Mental indigestion is the inability to let go of certain incidents or thoughts, usually unpleasant experiences. This can be a distant tragedy like an earthquake or bushfire, criticism from someone whose opinion we value, a work-related problem we're trying to solve, problems with family or finances. Emotional indigestion is the recurrence of a feeling, often sadness or anger, long after the precipitating event. The emotion has not been sufficiently digested & remains just under the surface, springing up for no apparent reason just when we want to go to sleep. Mental & emotional indigestion are the most common causes of insomnia. Some of us even grind our teeth while we sleep in an attempt to chew & digest recurring thoughts or emotions.



The **Modern** explanation for insomnia is over stimulation & stress. Stimulants include caffeine, sugar, drugs & activities such as arguing & watching violent TV shows or the evening news. Any of these taken or experienced close to bedtime can rev us up so much that it's difficult to fall asleep. This is only another way of saying we're still attempting to digest these substances or events at the same time we are courting sleep. Stress is another form of indigestion. Most of our clients who suffer from insomnia tell us, "My worries keep me awake," or "My mind won't stop...I don't know how to turn it off." Anxiety, worry, depression, unpleasant memories & fears are the most common cause of sleeplessness. They seem to take on a life of their own & are determined to keep us awake, even though it's way past bedtime.

Another common cause of insomnia, one that has become prevalent only in modern times, is tampering with the normal cycle of sleeping & waking. This is a mechanical problem of sorts. Human beings have a normal sleep

rhythm; in general, we are designed to be awake in daylight & asleep at night. People who work the night shift or travellers who've recently crossed several time zones, may experience insomnia simply because they are trying to sleep when their internal clock is telling their body to be awake.

However, we can be reprogramed. That's because human beings have a very strong, consistent & predictable neurological pathway in the brain that goes like this: **THOUGHTS lead to FEELINGS which lead to BEHAVIOURS which lead onto RESULTS.** And before the THOUGHTS, usually comes some type of situation or event that triggers the thoughts.

The reason so many of us fail to get to sleep & stay there is that we focus on the BEHAVIOURS, rather than on changing our THOUGHTS about . . .

End of Free Sample

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