

Insomnia

Some ideas and approaches to Insomnia with PSTEC

Disclaimer

We do not recommend that PSTEC be a substitute for proper medical care; this information is for educational purposes only. Consult your physician regarding medical conditions and the appropriate use of legal medications or if you suspect you or a loved one may be clinically depressed.

Lots of physical things evidently depend upon what's going on in the mind. It might be purely physical but at the same time it might not.
I can tell you that PSTEC has helped people with sleeplessness.

Will it help you?

I do not know and there is only one way to find out, which is of course to try it and find out.

The Basic PSTEC Audio Package is free, so the decision to try it out should be an easy one.

www.pstecaudiosource.org

My one piece of advice would be use PSTEC in the middle of the day and not late at night. When PSTEC is used at bedtime, some people sleep very deeply afterwards but others are left "buzzing".

Therefore middle of the day would be best.

Addressing any area of stress is a great place to begin.

Regards

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First of all, our questions in uncovering the issues that cause the insomnia will give us success more than anything. If we just use PSTEC on “insomnia” we can get relief many times and that’s a great thing, but the relief may be temporary if the cause of the insomnia is an underlying or subconscious stress and it is not addressed!

Here’s another thought: Let’s think about insomnia in a different light...what is it telling us? What is it leading us toward that we can remove or heal or resolve?

Questions – Uncovering the Core Issues and Discovering What to Address with PSTEC

Excellent questions will help to uncover the core issues and cause of insomnia.

As you go through the questions in this section, *take notes on your answers*... jot everything down that comes to mind (*Use the PSTEC Personal Peace form at the end; duplicate as many as you need*). You may answer a certain question directly and then a seemingly unrelated issue comes up...well...write that down as well! *Follow the daisy-chain of thoughts. Leave no stone or thought unturned!*

Pay special attention to the blue writing as those are the questions that may help you uncover the core issues...this is the groundwork for success.

Pay attention to the red sections as they will emphasize what to do or how to tap on the issue...most of this is at the end, but the beginning...the blue sections...are what lay the groundwork for your greatest chance at success!

Ask yourself:

1. Identify the type of insomnia you have.
 - Do you have trouble *going to sleep*?
 - Do you wake up in the *middle of the night* and not go back to sleep?
 - Do you *wake up too early* and can’t shut off the static?
 - How long has the depression been present?
 - Is this a condition “inherited” from the family?
 - Have you been depressed since a particular event or emotional time in your life?
2. Identify the major stress areas in your life.
 - Are you a chronic worrier or do you just worry when a crisis is right in front of you?
 - Are there any traumas from childhood that might be “keeping you up at night”?
 - ”When will you commit to using your PSTEC for your sleeping problems?

Ask yourself:

1. What is the ***DOWNSIDE*** of sleeping well?
2. Is there any ***UPSIDE*** to having this problem?
3. What's good about being up at night?
4. Do you feel threatened or unsafe in any way by the thought of sleeping well and not letting go of the sleeping problem?

Are You Worried?

Insomnia sufferers are usually unable to turn off the noise or static in their mind. Their minds jump from topic to topic, concern to concern, and nothing gets resolved. Let's look at this issue and see what we can do.

Chronic Worrying

Ask yourself:

- How might you feel if you didn't spend so much time worrying?
- Who will you be without this chronic issue?
- Who's going to worry about others ***if you don't?***
- What will you do with all that extra time?
- What needs your attention that you have been neglecting in your own life?

It is essential to uncover the ***downside*** to giving up the chronic worry; or, in other words, "the need to worry." If this is one of the aspects, then use this as a PSTEC subject.

Acute Insomnia

This is usually related to something unusual in your current work or family life. You're waiting to hear about job changes...your children are going through some problems...someone close to you is sick or has recently passed away.

Ask yourself:

- What in your life is keeping you up at night ***now?***
- Can "resolving" this issue wait until the morning?
- What would happen if you didn't think about it now?
- Is there anything that makes the issue you worry about urgent?

One prescription for acute anxiety is to do your PSTEC work enough during the daytime on the conflict that has captured your attention to release the anxiety so you fall into a restful and peaceful sleep during the night. You can always wake up and start the cycle again if you have to! But ***give yourself permission to put acute worry aside for the night.*** (And remember, when we feel helpless, we often worry to try and find a "solution.")

Another suggestion is to write out the problem on a note pad with the intention of working on a solution in the morning. Take the note pad and put it in a room other than the one you sleep in to leave the problem and any worries "out there" to be dealt with in the morning.

Additional Causes of Insomnia

Some additional causes of insomnia that are more complex than worry and anxiety:

- Unresolved childhood traumas
- Clinical depression
- Chemical/hormonal imbalances
- Side effects from medications.

Unresolved Childhood Trauma

Quite often this can be a difficult area to use PSTEC on your own. If you feel totally safe entering this territory using PSTEC, begin uncovering those issues. Most times, an expert's objectivity is necessary to truly uncover the core issues and use PSTEC to resolve them.

To find a PSTEC Trained Practitioner visit the PSTEC Registry...

<http://www.pstecregister.org.uk/>

Clinical Depression

Some of the signs of clinical depression are sleeplessness at night as well as waking up too early in the morning. Conversely, many people with depression want to and do sleep all the time. Some other signs of clinical depression are lack of interest in daily activities, exhaustion, changes in appetite and lack of motivation.

Use PSTEC for the daily symptoms of depression, and especially during the middle of the night or early morning when you wake up before you are “ready” to get out of bed.

Here are some questions to use to lead you to the core issues:

Ask yourself:

- How long has the depression been present?
- Is this a condition “inherited” from the family?
- Have you been depressed since a particular event or emotional time in your life?

Chemical/Hormonal Imbalances

What are they? How do you know? What makes you suspect hormones or chemicals?

Again, you may have to work with a family member or doctor to help you determine when your sleeping pattern began to change.

Quite often our emotions have a common corresponding effect on the body. So, it might be a good idea to get a “diagnosis” from a doctor so you can interpret the diagnosis energetically, figure out metaphorically what may be going on in your body and know what physiological “pattern” to target with **PSTEC**.

What Are You Focusing On?

When someone suffers from insomnia, it is common to start worrying about a continued pattern of insomnia! This is maddening and anxiety-provoking, and fuels the cycle.

Desperation is often the feeling people describe when they can't fall back to sleep at night which of course effects their brain activity and energy system and almost guarantees that they will not be able to fall asleep, as their focus is *"I can't fall asleep."*

Ask yourself:

How do you feel about not getting enough sleep?

Rate these on a scale of 0-10 with "10" being absolutely true and "0" being completely false:

- I can't turn my mind off.
- My thoughts are keeping me awake!
- I'm convinced I won't be able to go back to sleep.
- I will always suffer from insomnia.
- I'll never get over this problem.
- Something's wrong with me.

When you feel desperate about going back to sleep, you will have a difficult if not impossible time getting back to sleep! When you keep trying to get rid of your anxiety, you'll get more of it. When you work too hard to "cure" your insomnia, your attention on the problem backfires.

Ok, Now What DO I DO?

Your PSTEC Personal Peace Sheets

All those notes you took on your PSTEC Personal Peace sheets can now be put to good use. Form the "issue" in your mind (the images, thoughts, beliefs, emotions, feelings, "movies," sites, sounds, smells, etc.) and use your PSTEC Click Track on each one until the SUDS rating goes down to zero. You may only have time to deal with one or two issues a day...that's ok, start making progress now.

When to Use PSTEC for Insomnia

1. During the day when you schedule your regular **PSTEC** sessions for yourself (see above)
2. During wakeful times in the middle of the night or early morning. If an issue comes to mind you can either PTEC it at that moment or write it down for another time.
3. Before you go to sleep at night (BE CAREFUL AND EXPERIMENT WITH THIS AS SOME PEOPLE GET QUITE "BUZZED" OR CHARGED UP AND CANNOT SLEEP AFTER USING PSTEC)
4. All of the above.

Attract Good Sleep

Once you have begun to clear some of the issues you have uncovered with the Basic PSTEC Click Tracks and when the “time is right,” you can begin to use PSTEC Positive as well, to give your subconscious the suggestion of the type of sleep you wish to experience.

<http://www.pstecaudiosource.org/pstec/success-with-pstec-pstec-positive>

Once the anxiety has lowered based upon using PSTEC for the issues that keep your mind running, let’s begin to focus on what feels good, relaxing and comfortable.

Here are some suggested statements to use with your PSTEC Positive work:

My pillow is very comfortable...
I love how quiet it is in my room...
I feel safe and secure in falling asleep...
The temperature is perfect in the room right now...
I appreciate how comfortable my bed feels to me...
I love sleeping peacefully...
I will wake refreshed in the morning and able to deal with all issues peacefully...
My legs feel very comfortable...
I feel so relaxed...
My eyelids feel heavy and relaxed...
I appreciate knowing I can sleep deeply and calmly...
My bed is very comfortable...
I appreciate knowing my body is so strong...
My mind is calm and peaceful now...
I feel lighter already...
I am floating off to sleep and will return refreshed and relaxed...
All my muscles feel relaxed and calm right now...
I love knowing my body welcomes a good night’s rest...
I feel ready to fall asleep...
I love it when falling asleep is easy...
I love knowing I am able to fall into a deep sleep...

When you are working with your PSTEC Positive, there may be objections that come to mind. Such as, “I still can’t sleep” ... “What if I wake up in the middle of the night” ... “I just can’t relax”... etc. If they do, write them down and use your Basic PSTEC Click Tracks on those new thoughts, feelings, images, etc. Always be aware of the self-talk that is coming up; those are your clues to the issues to use with PTSEC.

Feel free to choose other statements. After doing the Basic PSTEC Click Tracks and relaxing as the anxiety dissipates, you are even more open and able to focus on what you want and what is comfortable and relaxing about being in bed.

Feeling Stuck? Find a PSTEC Trained Practitioner ... visit the PSTEC Registry...

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