

ADHD: ***Sleep &*** ***Hypnosis***

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Hypnosis for Improving Sleep in Adults and Teens with ADHD

**—Help Your Clients Manage
Stress and Sleep Better**

2018 Annual International Conference on ADHD

Thursday November 8th, 2018

8:30am - 9:30am

ADHD Professional Institute

November 7th - 11th, 2018 | St. Louis, MO

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About Linda Donalds, BCH CI

- Owner of New Horizons in Hypnosis, located in North Central Massachusetts.
- Active Member of the National Guild of Hypnotists (NGH) for more than 20 years.
- Board Certified Hypnotist & Certified Instructor for the National Guild of Hypnotists (NGH).
- Published author in the Hypno-Gram, a quarterly journal of the National Guild of Hypnotists (NGH).
- Diagnosed with ADHD in 2013, discovered how hypnosis has been key in managing my challenges = began specializing in using hypnosis for ADHD
- Faculty Member of the National Guild of Hypnotists (NGH) annual professional conference = presenting there on “Hypnosis for Adult ADHD” each year since 2015.
- Member of ADDA since 2016 = and Today a first time presenter at the 2018 International Conference on ADHD.

NGH Code of Ethics *(selected key points)*

CLIENT BILL OF RIGHTS:

Disclosure statement that includes the “Code of Ethics” and truthfully discloses to the client what we do as hypnotists and what we do not do. It also truthfully states the practitioner’s training. All NGH members are asked to provide a copy to each of their clients.

PRACTICE LIMITS:

Members shall use hypnosis strictly within the limits of their training and competence, and in conformity to the laws of their state.

REASONABLE PRACTICE:

Members shall withhold non-referred hypnotic services if a client’s behavior, appearance or statements would lead a reasonable person to believe that the client should be evaluated by a licensed health care professional.

Members shall provide services to such clients only after evaluation and with the approval of the licensed health care professional.

COMPLEMENTARY PRACTICE:

Members shall neither diagnose, treat nor prescribe for clients regarding issues related to medical or mental health conditions. Members shall work with clients only with the intent to enhance the client's own natural restorative and coping abilities, and will make no therapeutic claims.

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- Clients with Diagnosis - Provide services on Approval from their Health Care Provider
 - Refer Client to qualified Licensed Health Care Professional for Diagnosis
 - Presentation is for informational purposes only!

Legal Disclaimer

The information presented in this lecture is for informational purposes only. It is not intended to provide professional advice or diagnostic service.

If you are experiencing symptoms or have any concerns about ADHD, sleep, or other health issues, please consult a qualified health care professional in your community.

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Who Presents with Sleep Issues?

Common Problems
& Findings from
Sleep Research



ADHD and Sleep Disorders

- General Population = 10% report chronic struggles with getting a good night's sleep.
- People diagnosed with ADHD = roughly 67% report chronic struggles with getting a good night's sleep.
- Conversely, only about 25% of people with ADHD do not experience sleep issues.
- Paradoxical Responses = about 10% of people with ADHD experience mental alertness (even agitation) with medications that otherwise promote sleepiness (like benadryl, codeine, also caffeine).
- ADHD-like symptoms occur in typically-developing children when lack sufficient sleep.

Necessary that Evaluating Clinicians screen for sleep problems when diagnosing ADHD - usual bedtime, time required to fall asleep, night awakenings, snoring, movement during sleep, difficulty waking up, naps and daytime drowsiness.

<http://www.chadd.org/Understanding-ADHD/About-ADHD/Coexisting-Conditions/ADHD-Sleep-and-Sleep-Disorders.aspx>
<https://www.additudemag.com/adhd-sleep-disturbances-symptoms>
<https://www.sleepassociation.org/about-sleep/sleep-statistics>

ADHD: Common Sleep Issues

- Trouble Keeping a Schedule = habits that reduce quantity of sleep hours.
- Poor Sleep Hygiene = habits that reduce quality of sleep.
- Use of OTC Stimulants = Caffeine (coffee, tea, soda, and chocolate); differing conclusions on impact of pharmaceutical ADHD stimulants.
- Sleep-Disordered Breathing = about 3% of general population, and 25% of those with ADHD have sleep apnea or other "sleep-disordered breathing" problem.
- Restless Leg Syndrome = about 2% of general population, and 44% of those with ADHD have RLS.
- Comorbid Conditions = obesity, anxiety, depression, mood disorders, substance abuse, etc.
- Circadian Rhythm Disorders = out of sync with day/night cycle; delayed sleep phase.

Inadequate Sleep vs. ADHD Symptoms

- Impairs how the brain functions while awake:
attention, memory, perception, mood,
processing time, decision making, motor skills
- Increases hyperactivity, impulsivity, sensitivity, leading to behavioral problems.
- Hyperactivity can be paradoxical response to daytime sleepiness.
- ADHD-like symptoms occur in typically developing children who lack sufficient sleep.

Unanswered Question: Does ADHD itself negatively impact normal sleep patterns - or - are people with ADHD more affected by their environment which in turn causes difficulty in sleeping?

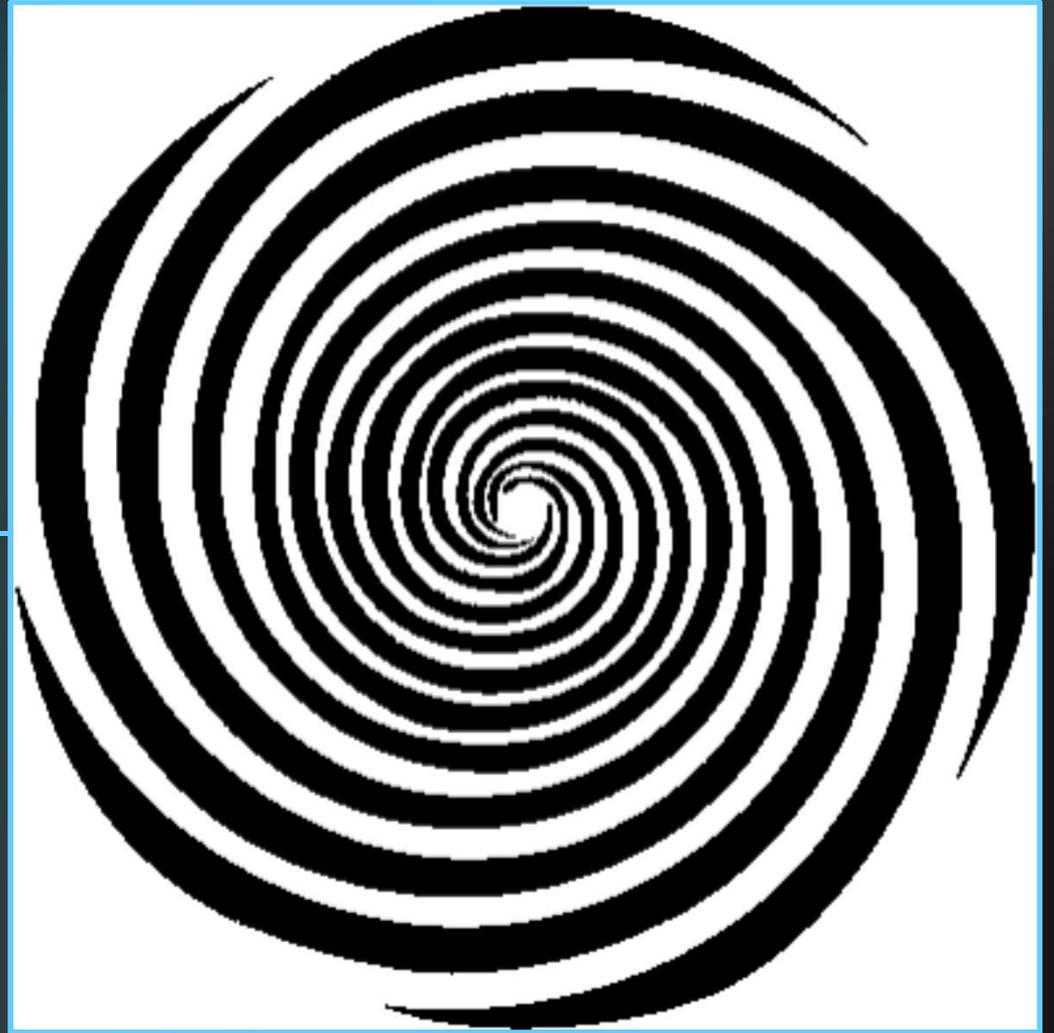
<http://www.chadd.org/Understanding-ADHD/About-ADHD/Coexisting-Conditions/ADHD-Sleep-and-Sleep-Disorders.aspx>
<https://www.additudemag.com/adhd-sleep-disturbances-symptoms/>

Common Sleep Issues

- **Difficulty Falling Asleep** (busy mind)
- Waking Up in Middle of Night
- Oversleeping / Morning Grogginess (late for school/work)
- Going to Bed Too Late (activities)
- Daytime Sleepiness (when driving, at work/school, etc)
- **External Environmental Factors** (snoring, trains, light, etc)
- **Nightmares / Night Terrors**
- Sleep Walking / Sleep Talking
- Sleep Eating / Sleep Texting
- Bed Wetting (nocturnal enuresis)
- Anxiety over Work or Family Issues
- **CPAP Non-Compliance**
- **Teeth Clenching / Grinding** (bruxism)
- Restless Leg Syndrome
- Ringing in Ears (tinnitus)
- “Exploding Head” Syndrome (EHS)
- Menopause / Night Sweats
- Body Discomfort / Pain Control
- Neurological Conditions (narcolepsy, cluster headaches, etc)
- **Night Shift Workers**
- Travel Environment & Jet Lag

What is Hypnosis?

A Holistic Approach
to Achieving Optimal
Health & Wellness



Benefits of Hypnotism

- Mind/Body Therapy ~ a holistic approach.
- Gives the Client Control to make necessary changes.
- Around since the beginning of time ~ based on an inborn natural ability everyone possesses.
- Changes Stress Response ~ helps body produce natural chemicals that calm; lowers heart rate & blood pressure.
- Promotes Healing ~ bolsters the immune system & facilitates rapid recovery.
- Numerous Clinical Studies have proven it effective ~ It works!
- Accessing state of hypnosis is surprisingly simple.

Definitions of Hypnosis

COMMON DEFINITION:

“A state of deep relaxation combined with focused attention directed toward a specific goal.”

Hypnotism is the set of formal techniques used to access this state intentionally.

ALTERNATIVE DEFINITION:

“A state of heightened receptivity.”

Hypnosis is an altered state of mind, where your subconscious mind can be communicated with more easily.

3 Characteristics of Hypnosis

- Focused Attention = Disregard Surroundings
- Heightened Imagination = Using All 5 Senses
- Lose Track of Time = Time Distortion

A Natural State of the Mind
that every person accesses several times a day.
You just didn't realize it happens to also be
the same state we call "hypnosis"!

Three (3) Parts of the Human Mind Relevant to Hypnosis:

- **Conscious Mind** ~ Active Working Memory - Can hold only 4-7 thoughts in focused awareness at any given moment, while rest is held in subconscious until becomes a priority to focus on.
- **Subconscious / Unconscious Mind** ~ Storehouse of all memories (events, knowledge, beliefs, feelings, etc); Directs automatic actions learned from repetitive behavior (driving car, tying shoelaces, etc); Regulates bodily functions (breathing, heart rate, blood pressure, digestion, metabolism, immune system, etc).
- **Critical Factor** ~ Works like a filter or gateway between conscious and subconscious processes; compares information coming in with what's already stored there, and decides where and how to file it away.

Your Mind is Like a Computer

- **Conscious Mind** is like the monitor and keyboard that you work at ~ your window into the activities of your computer. Can only have open so many files & apps at any given time.
- **Subconscious Mind** is like the operating system and all those files stored on the hard drive of the computer. All programs and data are there, but not aware of them unless access them.
- **Hypnosis** is like running anti-virus software for the mind - it helps to remove old, outdated, false programs that are interfering with your ability to be successful. And of course, also installing updates with new healthier thoughts, feelings, and behaviors to facilitate success.



Hypnosis: Using Both Parts of Your Brain!

Inner Conflict

Exerting Conscious Effort vs. Automatic Response
“I know what I am supposed to be doing (& why) -
but I just can't seem to do it!”

Hypnosis Aims to Resolves Conflict between Conscious & Subconscious Mind

- Utilizes the true power of your imagination
- Bypasses your natural resistance and speaks to your innermost mind
- Resolves misinformation from past & reframes limiting beliefs
- Creates harmony and alignment with 'WHAT' we know and 'HOW' we feel
- Installs new habits in much less time - resulting in Action of 'Doing'

Hypnosis Speeds Up Learning Process!

HYPNOSIS & Meditation/Mindfulness

WHAT THEY HAVE IN COMMON:

- Backed by Science ~ Both are proven to be very effective!
- Both alter brainwaves ~ slowing them from Beta down into Alpha & Theta states
- Both trigger the parasympathetic response through mind & body relaxation ~ thus lowering stress hormones.
- Both create change in the brain ~ directly aiding in the formation of new neural pathways.

HYPNOSIS: Going Beyond Meditation

Meditation & Mindfulness:

- Meditation focuses on the current time.
- Purpose is to “be” in the present moment - Here & NOW.
- Aims to increase awareness of oneself, their surroundings, and how they interact with other people and respond to their environment.

Hypnotic Methods:

- Hypnosis is future oriented ~ and taps into the power of imagination.
- Purpose is to “install” a healthier mindset so that, later on, one can achieve a desired outcome more easily and naturally, as a direct result of their hypnotic experience.
- Aims to create change in the underlying belief system that is influencing perception and unconsciously driving one’s thoughts, feelings and behaviors.

What is Sleep?

Understanding the Purpose of Sleep

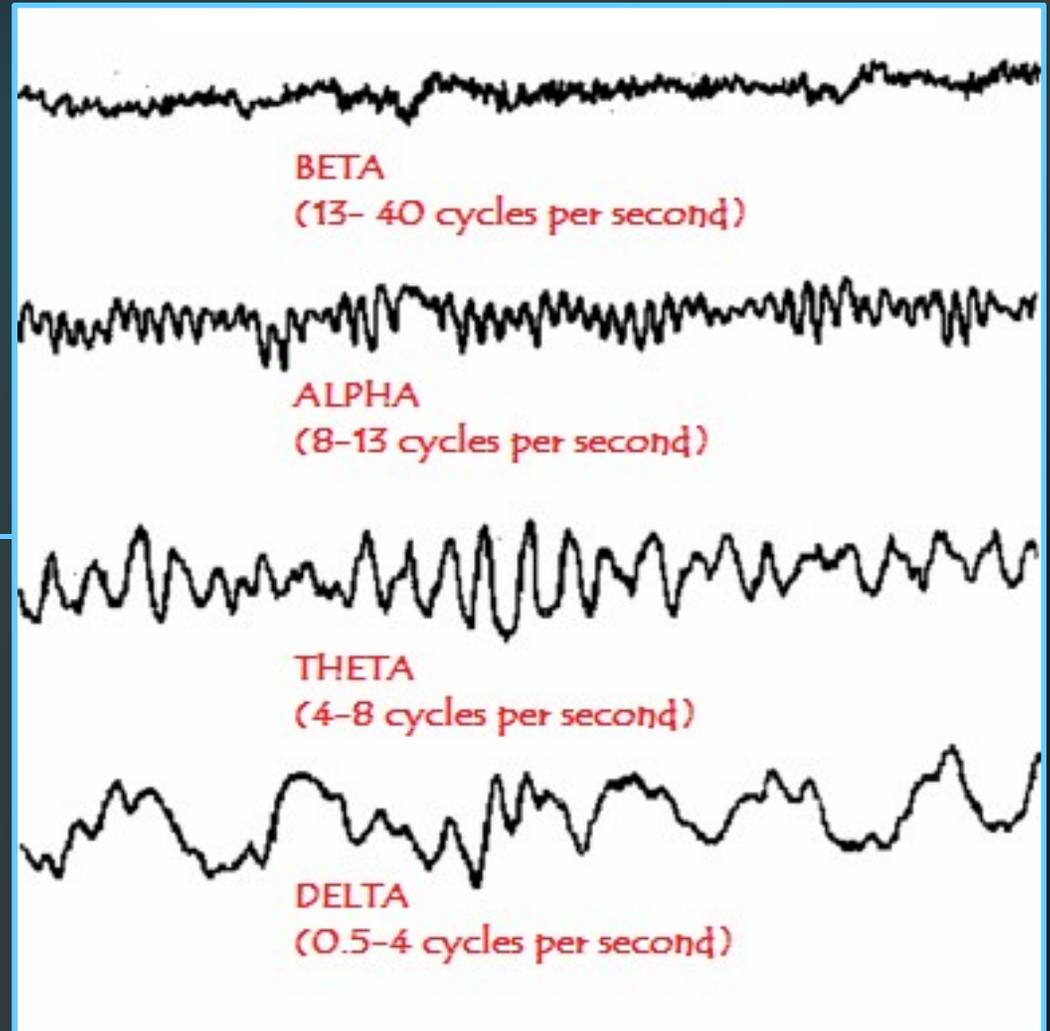


Why Do We Need Sleep?

- Brain Toxin “House Cleaning”
- Hormone Regulation
- Immune System Function
- Memory Consolidation
- Emotional Regulation

Brainwave Frequencies

1. Beta
2. Alpha
3. Theta
4. Delta
- ❖ *Gamma*



Stages of Sleep 90 Minute Cycles

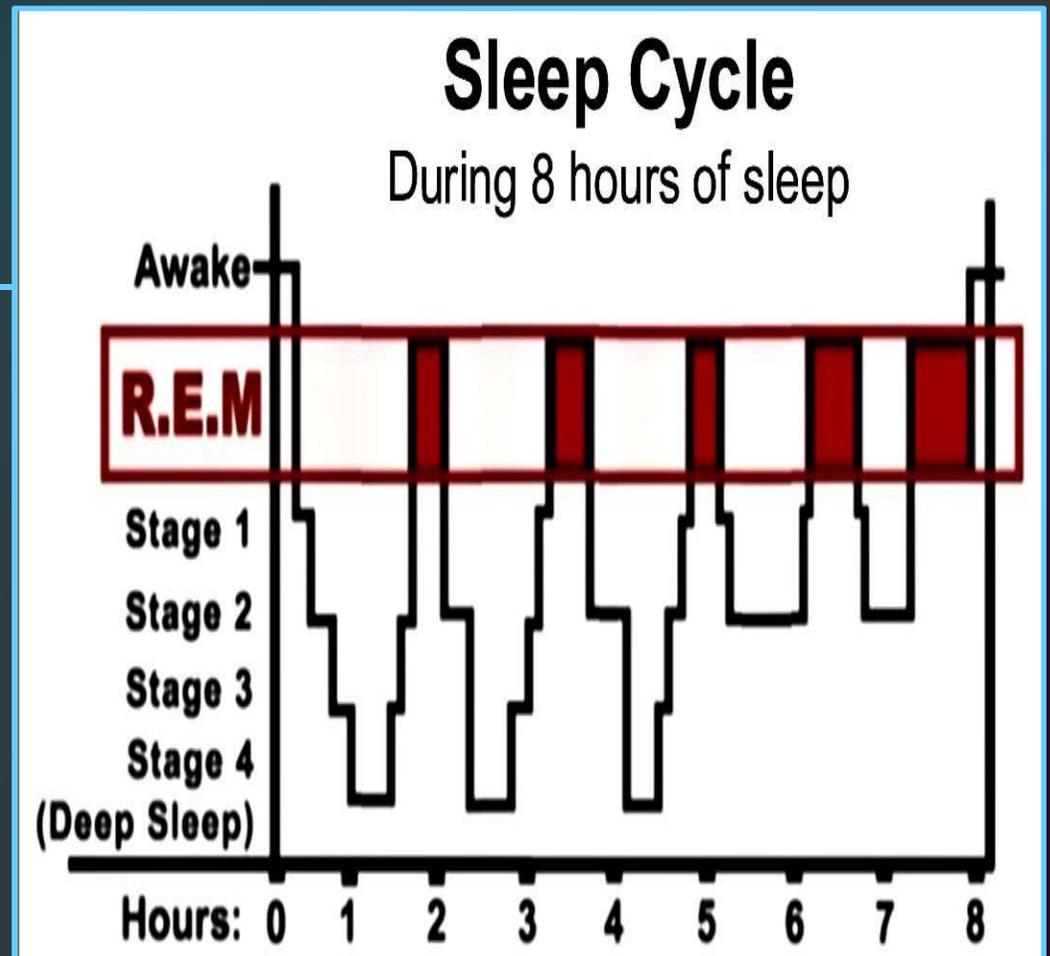
Stage N1 = Light Sleep (alpha & theta) - very brief!

Stage N2 = Light Sleep (theta with spindle waves)

Stage N3 = Deep Slow Wave (delta with spindle waves)

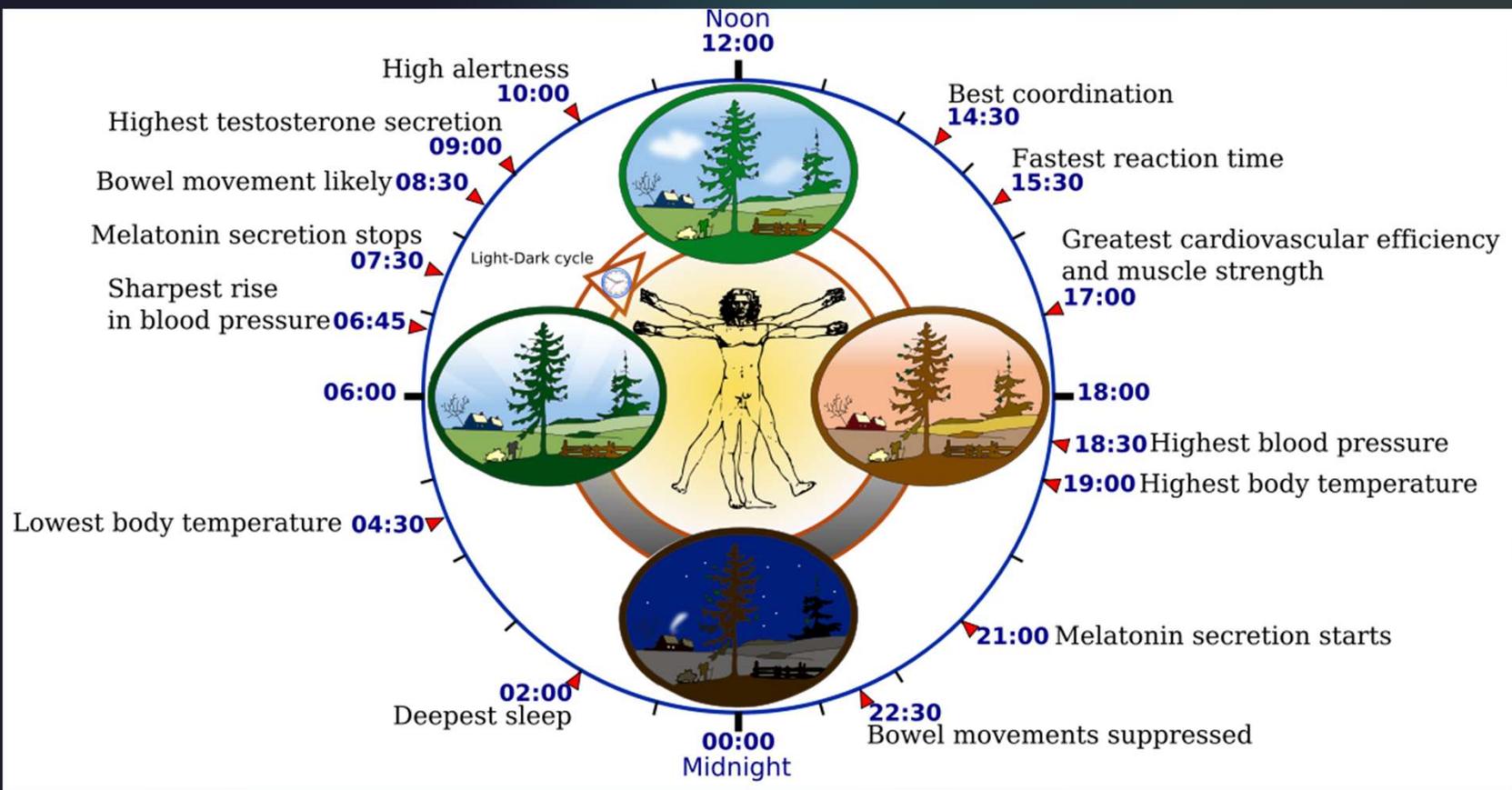
Stage N4 = Deep Slow Wave (delta only)

REM (Stage 5) = Dream State with rapid eye movements (similar to awake with alpha & beta waves)



Hypnosis & SLEEP = Close Cousins?

- › During Hypnosis your mind is awake/aware, but your body feels like it is asleep.
- › Brainwave Activity is similar to light sleep = when entering into hypnosis, brain shifts from Beta to Alpha waves, then drifts deeper into Theta.
- › REM = Rapid Eye Movements are observable.
- › Changes in Breathing Pattern, Heart Rate, Muscle Tone, etc.
- › Dreamlike State = Ability to imagine/visualize using all 5 senses increases ~ especially as one goes into deeper states of hypnosis.
- › Enhances Learning & Memory = operates at the subconscious level
- › Healing Benefits = bolsters immune system & facilitates rapid recovery.
- › Restorative effects of a Power Nap, but with additional benefits (new mindset).
- › Importance of Delta state = only during sleep ~ necessary for good health.



Human Circadian Rhythm

24-Hour Biological Clock

Sleep Drive: Melatonin & Adenosine

Melatonin = Sleep Urge

- Produced in brain by pineal gland, chemically derived from serotonin.
- Regulated by the amount of **blue light** in the sun's rays as well as artificial lights, received through retina and registered by the suprachiasmatic nucleus (SCN).

Adenosine = Sleep Need

- Brain must release adenosine - BUT can only do so during deep sleep.
- Lowest levels = upon waking after full night of restorative sleep.
- Continues to increase gradually over hours while awake.
- When builds to certain level, begin getting sleepy/ tired = creates urge for sleep.
- **Caffeine has similar chemical structure and uses same receptors, blocking adenosine's ability to attach (thus caffeine prevents feelings of sleepiness).**
- **When normal threshold is far exceeded, brain shuts down and forces sleep.**
- **Immune System = serious health issues when chronically elevated levels over time.**

Sleep Hours Needed by Age Group

- ❖ Pre-Birth Womb (gestation) 21-22 hours (unconsolidated)
 - ❖ Newborns (birth-3 months) 14-17 hours (unconsolidated)
 - ❖ Infants (4-11 months) 12-15 hours (increasing Night +Naps)
-
- ❖ Toddlers (1-2 years) 11-14 hours → 8pm to 7am +Naps
 - ❖ Preschoolers (3-5 years) 10-13 hours → 8pm to 7am +Naps
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- ❖ Pre-Teens (6-13 years) 9-11 hours → 8pm to 7am
 - ❖ Teenagers (14-17 years) 8-10 hours → 9pm to 7am
 - ❖ Young Adults (18-25 years) 7-9 hours → 10pm to 7am
 - ❖ Middle Adults (26-64 years) 7-9 hours → 10pm to 7am
 - ❖ Older Adults (64+ years) 7-8 hours → 11pm to 7am

Circadian Rhythm by Age Group

- | | |
|---|---------------------------------|
| ❖ Pre-Birth Womb (gestation) | NO Circadian Rhythm |
| ❖ <u>through</u> Newborns (3 months) | (Unconsolidated Sleep) |
| ❖ Infants (starting at 4 months) | 8:00pm to 7:00am |
| ❖ <u>through</u> Pre-Puberty (10-12 years) | (+Naps in Early Childhood) |
| ❖ Puberty (teenagers) | 1:00am to 11:00am (“Night Owl”) |
| ❖ <u>through</u> Young Adulthood (25 years) | Delayed Sleep Phase |
| ❖ Mid-Adulthood (26-64 years) | 10:00pm to 7:00am (“Normal”) |
| ❖ Older Adults (64+ years) | 9:00pm to 5:00am (“Early Bird”) |

Effects of Insufficient Sleep Over Time

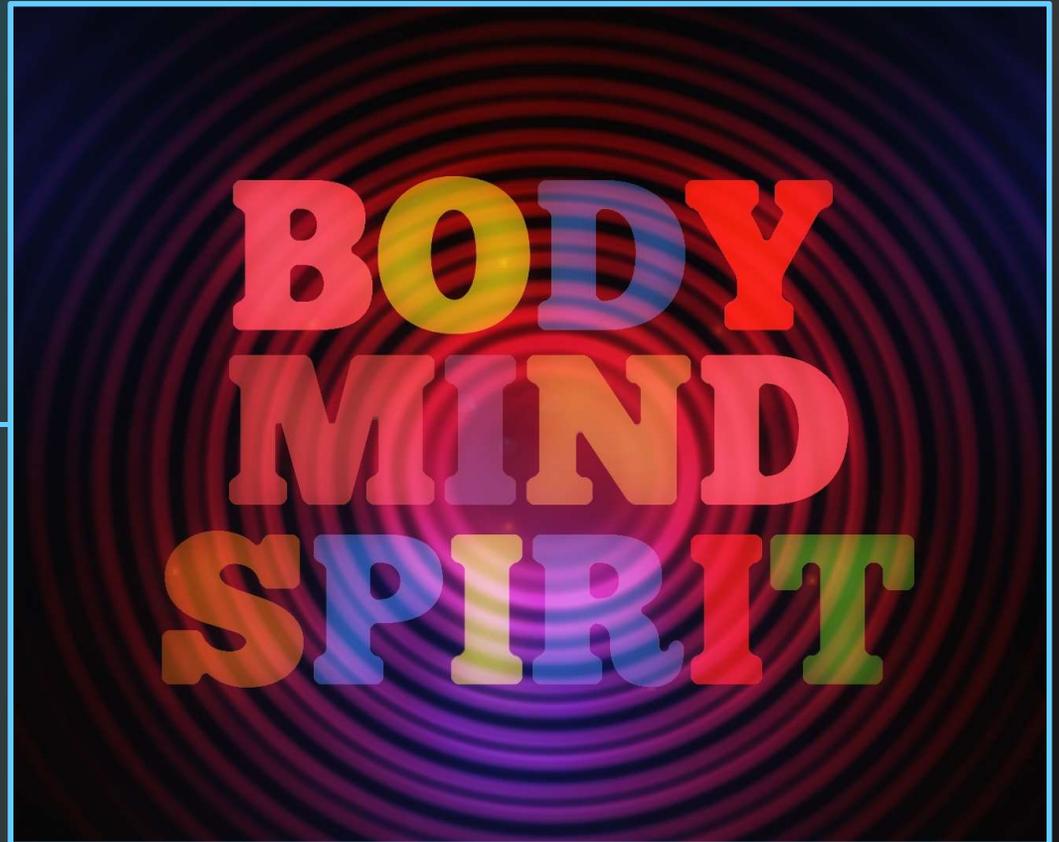
- Irritability / Moodiness / Impulsivity
- Lack of Energy / Fatigue / Motivation
- Impaired Motor Skills
- Difficulty Focusing / Attention Span
- Careless Mistakes / Task Performance
- Safety Risk when driving or operating machinery
- Memory & Learning Impairments
- Weakened Immune System / Sick More Often
- Difficulty Maintaining Healthy Body Weight
- Impaired Ability for body to regulate hormone & neuro-chemical production
- Impaired Ability for body to grow/renew cells
- Increased Risk of Diabetes, Cancer, Alzheimer's

Increased Stress in our modern society may be at the root of new diagnoses for illnesses which did not exist 50 years ago:

Fibromyalgia
Chronic Fatigue Syndrome
Restless Leg Syndrome

Group Hypnotic Experience

Enhancing the
Quality of Your
Nighttime Sleep



Who Has Used Hypnosis?

Some Famous People with ADHD:

- Wolfgang Mozart ~ daily habit; composed music in trance
- Thomas Edison ~ daily habit; used weight in hand to awaken
- Albert Einstein ~ daily habit; tap into insight problem solving
- Michael Jordan ~ and his team; enhance sports performance
- Michael Phelps ~ sports performance; focus & visualize success
- Richard Branson ~ prepare for hot air balloon trip around world
- Whoopi Goldberg ~ overcome fear of flying
- Ashton Kutcher ~ to quit smoking

The Hypnotic Procedure

Four (4) Stages of a Hypnosis Session:

1. Induction
2. Deepening
3. Suggestions for Change
4. Emergence



Hypnotic State: Common Characteristics

- Muscle Relaxation.
- Deep, Easy Breathing.
- Lacrimation (tearing of eyes).
- Tingling Sensation in Hands/Feet.
- Fluttering of Eyelids (REM).
- Pulse Slows Down, lower blood pressure.
- Brain Waves Slow to the Alpha State, then Theta State.
- Altered Perception of Body (light/heavy feeling, etc).
- Feeling of Being “Half Awake, Half Asleep”.
- Feelings of Peace & Well-Being.
- Sense of Timelessness (time distortion).
- Effortless Concentration/Focused Awareness.
- Heightened Sense of Imagination/Ability to Visualize.
- More Easily Able to Recall Past Memories & Events.
- Increased Ability to Accept New Ideas.

Some Basic Facts about Hypnosis

- Brainwave Activity is similar to light sleep = when entering into hypnosis, brain shifts from Beta to Alpha waves, then drifts deeper into Theta.
- Ability to imagine/visualize using all 5 senses increases ~ especially as one goes into deeper states of hypnosis.
- One's ability to go deeper increases with each subsequent experience of hypnosis. It is human nature to get better with practice!
- Not necessary to go deeply into hypnosis for change to be possible ~ subconscious mind is many times more suggestible even when only in light state of Alpha.
- 7-10 minutes in hypnosis is equivalent to approx 1 hour of natural sleep! (in the REM dream state)

Disclaimer & Agreement

You are about to have the opportunity to experience - as a group together - a brief hypnosis session designed to enhance the quality of your nighttime sleep.

It is a guided imagery process that does include visualizing being in water.

By remaining present during the next portion of this workshop, you are acknowledging awareness that you will be guided through a hypnotic experience.

As a participant, you also acknowledge understanding that hypnosis is a process whereby an individual uses their own natural abilities for their own benefit and self-improvement.

You also acknowledge and understand that hypnosis is not a substitute for other professional services, including but not limited to those provided by Licensed Healthcare Professionals.



Hypnosis for Better Sleep

You Deserve A
Good Night's Rest!

Group Experiential

What is Sleep Hygiene?

Factors that Affect Quality of Sleep



Sleep Hygiene = Good Habits!

- › Go to bed at about same time every night ~ including weekends & holidays.
- › Follow a calming routine each night ~ predictable patterns signal to body & mind time to wind down for sleep.
- › Two hours before sleep time, avoid blue light emitting from lights and electronic devices (TVs, smartphones, laptops, etc).
- › Keep bedroom comfortable, dark, quiet, cool ~ mimic nature outdoors.
- › Avoid caffeine ~ 4 hours before bedtime.
- › Avoid alcohol ~ 4 hours before bedtime.
- › Avoid napping ~ 4 hours before bedtime.
- › Increase exercise during daytime ~ but avoid it 3 hours before bedtime.
- › Reserve bedroom **ONLY** for sleep & intimacy ~ no watching television, no use of electronic devices, no work activities, etc.

Research: Sleep Medications

- Pharmaceutical & OTC Medications:
 - cannot cure the condition
 - interfere with the natural pattern of sleep cycles (create imbalance of deep sleep over REM)
 - prolonged use frequently results in dependency
- Conversely, Behavioral Modification Techniques can actually cure chronic insomnia, restoring natural sleep patterns.
- Effectiveness of behavioral methods depends upon the patient's ability to follow good sleep hygiene and to learn how to relax ~ which together lead to sleeping well.

Research: Attitude & Behavior

- Studies show that certain behaviors (sleep hygiene) as well as one's attitudes (mindset) about sleep contribute significantly to overall sleep quality.
- Studies report that, of patients treated with non-drug behavioral methods, between 70% - 80% experience improved sleep with treatment duration averaging only 5 hours over 4-week period.
- Furthermore, studies report that, of patients who take medications for sleep, 75% are able to completely stop or significantly reduce their use.
- Studies report behavioral methods are effective with primary chronic insomnia in nearly all patients of every age group, including the elderly.

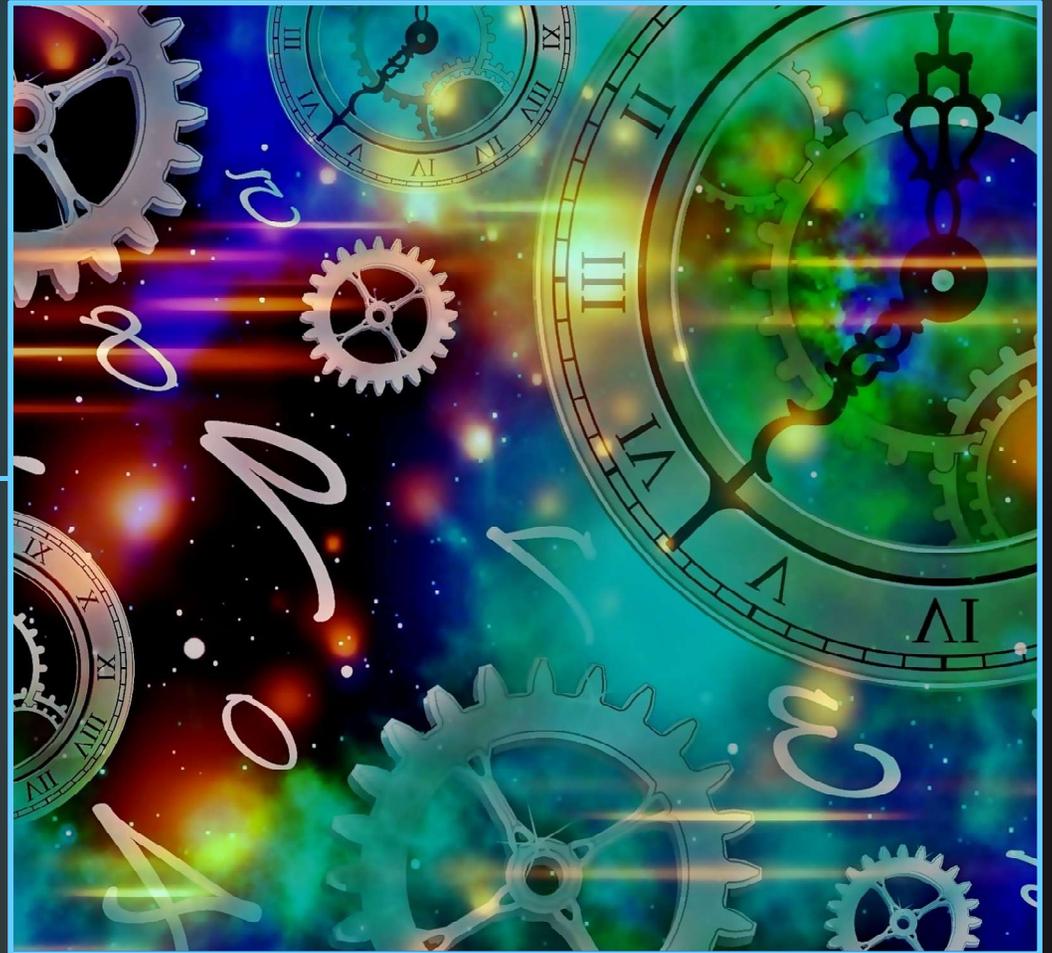
New Habits to Improve Sleep

- » Reduce **Stress/Overwhelm**
- » Address **Health Concerns**
- » Improve **Diet/Nutrition**
- » Increase **Daytime Exercise**
- » Adopt **New Behaviors/Habits**
- » Follow a **Bedtime Routine**
- » Keep a **Sleep Journal**
- » **Practice Self-Hypnosis!!!**



Hypnotic Interventions

Resolving
Short-term
and Chronic
Sleep Issues



Under the “Hypnosis Umbrella”

- **Progressive Relaxation** - relieves muscle tension, quiets the mind.
- **Meditation / Mindfulness** - focuses the mind on the present moment.
- **Guided Imagery** - guided to visualize scenery in story-like format, incorporating all (5) senses: sight, sound, touch, taste and smell. Intended to provoke emotional response to scene; commonly used to promote relaxation, facilitate action towards a goal, encourage physical healing of the body, etc.
- **Direct Suggestion** - same as affirmations, only given in hypnosis.
- **Metaphors and Story Telling** - analogies, symbolic learning, familiar in children’s stories and parables.
- **Neuro-Linguistic Programming (NLP)** - resembles guided imagery in some respects, but specifically designed to model/replicate unconscious patterns of thinking and behavior used by successful psychotherapists, motivational speakers and business people, in order to produce desired change.

Some More Techniques & Methods:

- **Distraction** - engage attention on something else; mentally visit safe place, watch magic television.
- **Dissociation** - suggest that issue (such as pain) and affected part are being separated, pain is somewhere else such as in another part of the room.
- **Displacement** - moving pain to another location that can better tolerate it; mind will override & stop pain in new place, since does not make sense there.
- **Reinterpretation** - of sensory aspects so that discomfort is more bearable; convert perception to warmth, pressure, tingling.
- **Paradoxical Injunction** - mental control: if can mentally increase awareness of something (internal or external), then can also decrease /shrink awareness of it (example: perception of discomfort /pain, fear /anxiety, environmental stimuli).
- **Time Distortion** - experience of time passing is either perceived as longer or shorter than actual time; usually shorter when experiencing uncomfortable situations, and extended when feeling peacefully/good.
- **Glove Anesthesia** - experience of numbness/insensitivity in a part of the body; recall experience of anesthesia, ice pack, limb fallen asleep; used in pain management and for proof of hypnosis.
- **Age Regression** - advance technique to recall time prior to when issue began, find root cause triggering issue; understanding leads to healing, bring forward comfort and healing.
- **Forgiveness (Self & Others)** - advance technique for releasing unhealthy anger and resentment.
- **Parts Mediation** - advance technique for integrating aspects of the self that are in conflict.
- **Emotional Freedom Technique (EFT)** - not used while in the state of hypnosis, but used frequently by hypnotists in their practices; has its roots in acupuncture, technique of tapping on energy meridians in the body in order to break up and release patterns of emotion.
- **Sound and Light** - use of musical or electronic devices to rebalance the mind and promote physical healing.

Factors Influencing Client's Results

- **Belief** that it will work ~ 3 levels of trust in process, in oneself, in hypnotist.
- Client's **Motivation and Commitment**.
- **Duration/Repetition** ~ takes 6-8 weeks doing any new behavior daily for permanent change.
- **Depth of Hypnosis** ~ still works well in lights states, but increases with deeper states of hypnosis (theta needed for pain mgmt).
- **Methods/Techniques Used** ~ more complex issues need different approaches.

HYPNOSIS IS NOT A MAGIC BULLET

One of the most helpful tools to have in your toolbox, but typically it works incrementally over time and long-term success requires you keep at it (multiple sessions, listening to audio and/or practice self-hypnosis routinely). Subconscious mind loves repetition. Think of hypnosis like visiting a chiropractor, massage therapist, taking an exercise, yoga, or meditation class.

Role of HYPNOSIS in SLEEP Issues

- › Educate client about the body's need for proper sleep
- › Help client determine what is adequate sleep for them
- › Help client create bedtime and morning routines
- › Help facilitate transition from evening activities into bedtime routine
- › Help mind/body to trigger sleepiness around bedtime
- › Show them how to create physical and mental relaxation
- › Increase comfort during sleeping (esp. with CPAP machine & chronic pain)
- › Teach them how to “turn down the volume” on environment
- › Help mind/body to create morning alertness and get out of bed on time
- › Teach them techniques to mitigate daytime stress & build self-confidence
- › Help them adopt healthy habits around nutrition & exercise

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Please Feel Free to Contact Me!

**I am glad to talk further about any questions you may have,
whether you attended my presentation or even if you could not be there.
(We can talk by phone or Zoom/Skype.)**

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