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How to use self-hypnosis to get to a sound sleep? 如何通过自我催眠获得好睡眠?

Speaker: Xinyi Ma

Nov 5, 2021



Two things to address:

- **about sleep** 关于睡眠
- **self-hypnosis** 自我催眠



Statistics About Sleep Disorders

<https://www.sleepfoundation.org>

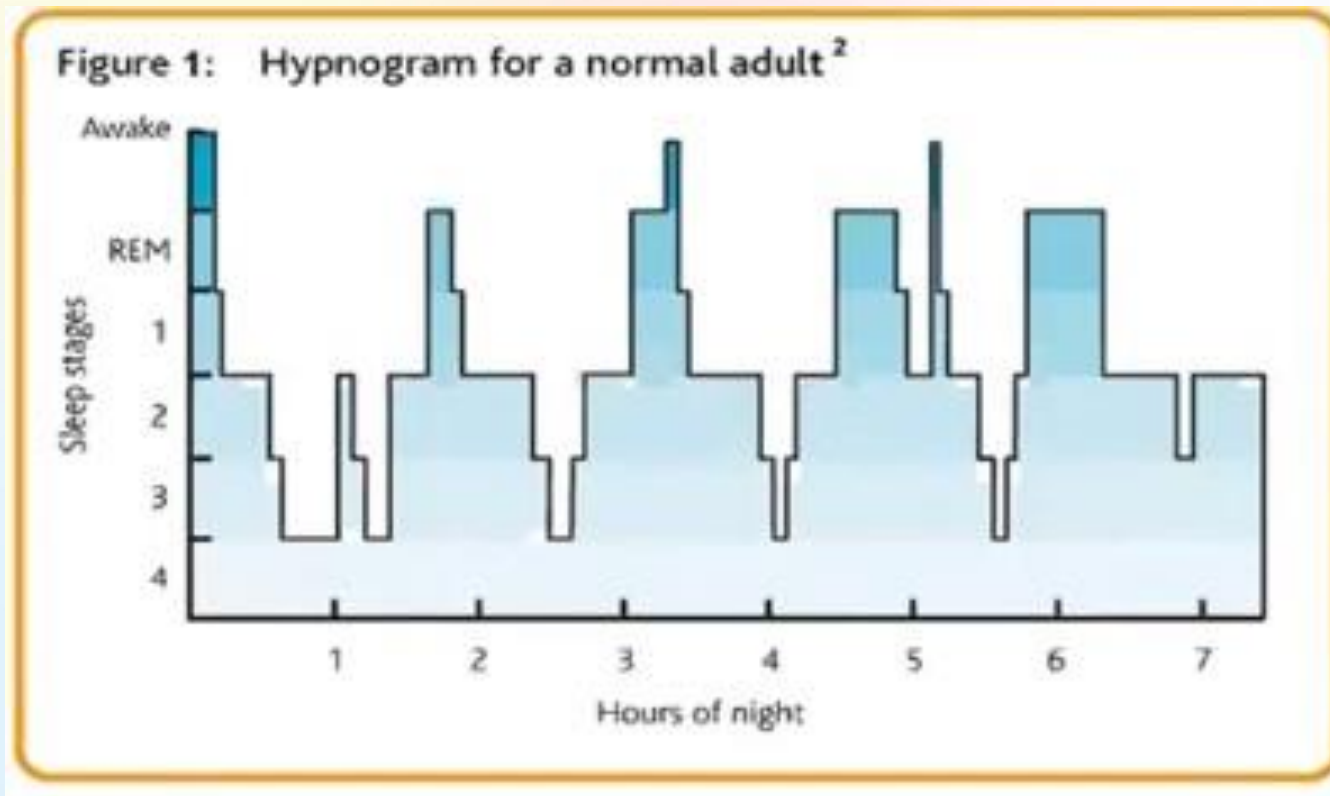
- ❑ Between 10% and 30% of adults struggle with chronic insomnia.
- ❑ It is believed that between 30% and 48% of older adults suffer from insomnia.
- ❑ Women have a lifetime risk of insomnia that is as much as 40% higher than that of men.
- Around 25% of young children have sleeping problems or experience excessive daytime sleepiness.
- From the ages of 13 to 19, average total sleep per night drops by 40 to 50 minutes.
- 57.8% of middle schoolers and 72.7% of high school students get less than the recommended amount of sleep for their age.

Why good sleep is important?

- ☺ **Good sleepers tend to eat fewer calories**
- ☺ **Good sleep can improve concentration and productivity**
- ☺ **Good sleep can maximize athletic performance**
- ☺ **Good Sleep improves your immune function**
- ☺ **Sleep affects emotions and social interactions**
- **Poor sleep is linked to higher body weight**
- **Poor sleepers have a greater risk of heart disease and stroke**
- **Sleep affects glucose metabolism and type 2 diabetes risk**
- **Poor sleep is linked to depression**
- **Poor sleep is linked to increased inflammation**

Hypnogram for a normal adult

成人的正常睡眠时相图



Two common forms of insomnia

- 1) Inability to get to sleep.
- 2) Inability to maintain sleep.

The good news!

Once we understand the real behavioral dynamics here, these conditions can be easily corrected through hypnosis.



How We Get To Sleep

The four stages of sleep are:

- Thinking 大脑思考期
- Fantasy 幻想期
- Hypnoidal 催眠样期
- Unconscious Sleep 无意识的睡眠期

How We Get To Sleep

The four stages of sleep are:

- Thinking 大脑思考期
- Fantasy 幻想期
- Hypnoidal 催眠样期
- Unconscious Sleep 无意识的睡眠期



People who have difficulty getting to sleep:

1. This person has great difficulty transitioning from the thinking stage to the fantasy stage.
2. This person stays in the thinking stage way too long.

**People who
have
difficulty
maintaining
sleep
or
getting back
to sleep**



“Toxic worry”-your
mind is trying to go
back to “thinking
stage”



This person may be
experiencing low blood
sugar.



Other causes

How to get to sleep?

Self-
Hypnosis

To skip the
thinking stage

How to maintain sleep?



To attain the
unconscious
sleep stage

How to get back to sleep?

To prevent you
from going
back into the
thinking stage

❖ Self-hypnosis is possible because of two “*Dominant Laws of Suggestibility*”.

What is self-hypnosis like?

- ✓ *Self guidance*
- ✓ *“shift in attention, during which you are not as aware of things around you”*
- ✓ You are more susceptible to your suggestions.
- ✓ *“being in a trance doesn't mean you'll do things you don't want to do. You always maintain some control and awareness.”*
- ✓ Everyone experiences hypnosis differently

--David Spiegel, M.D., medical director of the Stanford Center for Integrative Medicine, in California.

Why does self-hypnosis work? - Five Laws of Suggestibility

- ➔ *-The Law of Association* 联系法则
- ➔ *-The Law of Repetition* 重复法则
- The Law of Reverse Action or Reverse Reaction 逆向作用法则
- The Law of Dominance 支配法则
- The Law of Delayed Action 推迟作用法则

How does Self-Hypnosis work?

We are associating a calm state (Self-hypnosis) with a situation that normally elicits anxiety. Relaxation and tension cannot co-exist in the body. Therefore, while relaxed, you are getting rid of tension.

➔ *The Law of Association*

➔ *The Law of Repetition*

Self-Hypnosis vs. Meditation

Self-hypnosis: To overload your mind with message units (by yourself)

Meditation: To vent out message units

Self-Hypnosis vs. Hetero-Hypnosis

Do not expect the same feeling as that in hetero-hypnosis, because you need to keep guiding and controlling yourself during self-hypnosis.

Questions?

Demo in 中文 & English 😊

- Demo of how to find your key
- Demo of how to do self-hypnosis

***Some notes before the demo:**

- 1. Please mute your microphone**
- 2. Feel free to experience with me or just watch**
- 3. Put down your papers and find a semi-comfortable position.**

Review of how to do Self-Hypnosis

- Step 1 : Set-up (the environment and your position)
- Step 2 : The physical key word
- Step 3 : The emotional key word
- Step 4 : The intellectual key word
- Step 5: Positive self-suggestions
(positive only!)

Self-Hypnosis Keys

Physical Keys – Words that you relate to the most physically.

- *Heavy* 沉重
- *Floating* 漂浮
- *Relaxation* 放松
- *Lightness* 轻盈
- *Loose* 松散
- *Tingling* 麻刺感
- *Limp* 柔软的, 或 无力的

Self-Hypnosis Keys

Emotional Keys – A word that you respond or relate to emotionally.

- *Calmness* 平静
- *Confidence* 自信
- *Success* 成功
- *Happiness* 幸福
- *Joy* 快乐
- *Contentment* 满足
- *Peace* 安宁，或祥和

Self-Hypnosis Keys

Intellectual Key – A universal key for everyone.

“*Deep Sleep*” “深睡眠”

How to use self-hypnosis to get to a sound sleep?

After going through self-hypnosis as above, then do any of the following options:

Option 1: Visualize or imagine your “fantasy” stage.

Option 2: Concentrate on your breathing and, **only on the exhale**, repeat “*peaceful, restful, sleep*”, (平静的, 安宁的, 入睡) or “*deep, restful, sleep*” (深沉的, 放松的, 睡着) .

Option 3: Silently say to yourself... (continued on next PPT)

How to use self-hypnosis to get to a sound sleep?

After going through self-hypnosis as above, then do any of the following options:

Option 3: Silently say to yourself “I refuse to worry during my sleep state. This kind of worrying accomplishes nothing. I deserve my peaceful, restful sleep.”

- ❖ Now you are very likely to follow your suggestion since you are in self-hypnosis 😊

Notes

- **Never go into self-hypnosis with a strong negative attitude !**
- Do not use negative words or feelings, such as “I will not” or “I cannot.” Phrase your suggestions in a positive manner.
- Do not work on too many suggestions at one time. Work on only one or two suggestions at a time.

Never go into self-hypnosis with a strong negative attitude !

如果你正处在消极的状态，请不要进行自我催眠！



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Q&A



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Thanks for joining us!

Have a sound sleep!



**For more information about
hypnosis:**

www.xygrowandhealcenter.com

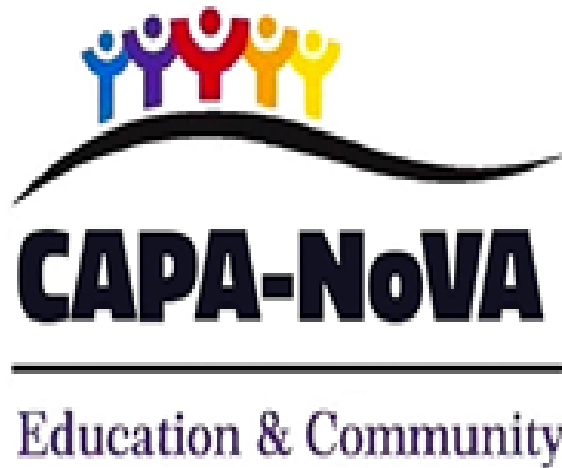


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