

WHY SLEEP IS IMPORTANT

In a previous issue of HQ, I shared some strategies to ensure you get a good night's sleep. But, do you know why sleep is so important to our health and well-being? Sleep provides a space in which your mind and body can heal themselves. It also provides the space to process and consolidate memories of the events that occurred throughout your day.

There are three stages of sleep, commonly referred to as Stages I, II and III. The three stages of sleep vary along a continuum of sleep depth, with Stage I sleep representing the lightest sleep state and Stage III sleep representing the deepest sleep state. Stage II sleep is also the sleep state where we dream.



Stage III sleep is characterized by the presence of delta waves and is the most restorative stage of sleep for both mind and body.

Interestingly, the proportion of our time spent in Stage III sleep decreases as we age. When we are infants, we spend most of our sleep time in Stage III. By contrast, by the time we are elderly, we may spend little or no time in Stage III sleep.

Even more interesting, hypnosis mirrors the stages of sleep. I am not aware of anyone who has 'dreamt' during an experience of hypnosis. However, light hypnotic trances are akin to Stage I sleep while deep hypnotic trances are akin to Stage III restorative sleep. It may thus be of no surprise that just having hypnosis is good for you, let alone how it can be applied therapeutically.

So, what does all this mean for you? Sleep is indeed your 'beauty' sleep. So, too, is hypnosis. If you have difficulties getting to sleep, or remaining asleep, be sure to use the strategies recommended in the 18(2-3) issue of HQ. And, if in spite of using the strategies, you still experience sleep difficulties, be sure to make an appointment with us so that you can catch up on missed sleep through hypnosis, as well as applying hypnosis to enable you to get a good night's sleep from hereonin.

So, what are you doing, to get a good night's sleep from this night forward?

OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

Membership: \$330 per calendar year.

Applications for membership can be made by completing the reply slip on the back page of HQ™. Send it, along with your cheque, to the address shown below.

To ensure an uninterrupted subscription to HQ® and CQ®, be sure to advise us of any changes to your contact details.

Your opinions are important to us. We invite your comments, feedback, and criticisms and etc. on this and future issues. Enquiries, or requests for further information can also be made to the address below.



REPLY SLIP AND REQUESTS FOR INFORMATION

- I would like to renew/become a member of Rachel Abramson & Associates. I understand that membership includes calendar year subscriptions to CQ® and HQ®, library borrowing privileges and entry into either the SEMINARS OF THE FUTURE® or PROFESSIONAL PRACTICE PROGRAM Seminars.
I would like to book into the 2014 PROFESSIONAL PRACTICE PROGRAM Year 1 seminars to be held on the first Monday from March to December, 6.00-8.00 pm
3 March: Setting Up Your Business: What You Need to Know.
7 April: Handling the Paperwork, including the GST.
5 May: Processes and Procedures that Work.
2 June: Determining Your Price and Fee Setting.
7 July: Budgets and Cash Flows.
4 August: Marketing Your Business: Your Product.
1 Sept: Marketing Your Business: Promotion Strategies that Work.
6 October: Marketing Your Business: Getting Your Image Right.
3 November: Marketing Your Business: Alternate Places for Your Product.
1 December: Marketing Your Business: Databases for Your Business.

Or: I would like to book into the 2014 SEMINARS OF THE FUTURE®, to be held in March, July and October as follows:

Day 1: 17 March or 9 July or 10 October

10.00: Who am I? (In work and life?).
11.15: Who do I want to be? Identifying your true calling, life purpose, values and nourishing interests.
02.00: Identifying potential barriers to career/life success.
03.15: Your unique action plan.

Day 2: 24 March or 16 July or 17 October

10.00: Managing work and life time in turning your plan to action.
11.15: How to best answer questions of age, experience or gaps in your career.
02.00: Yes you can! Finding the right path to a confident, proactive career.
03.15: Building social media profile to support your career.

Day 3: 31 March or 23 July or 24 October

10.00: Selection criteria, cover letters and your CV.
11.15: Interviewing prospective employers.
02.00: Networking and the hidden job market.
03.15: Preparing the way for that next promotion.

- I would like to order a copy of the Self Hypnosis audio tapes for:
anxiety management sleeping well
resolving problems and issues of concern stress management and relaxation

I would like additional information about the:

- CAREER DAYZ™ Program Hypnotically Overcoming Pain Program
SEMINARS OF THE FUTURE® Managing Anxiety Program
PROFESSIONAL PRACTICE PROGRAM ReTreat Program: Exercising the Mind
Stop Smoking Program
Stress Management Program
Weight Management Program

FEES: 1) Membership for 2014 Calendar Year: \$330
2) Self Hypnosis audio tapes \$33 each
Plus: \$5.50 audio tape postage and handling fee

Please make cheques payable to Rachel Abramson. All fees include 10% GST. Total: \$=

Name:
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