

WHY SLEEP 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 25(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 we can help you with your sleeping difficulties.

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