



Sleep - Insomnia and body clock disorders

Clinical Director, Psychologist, Graham Killoran has been helping Australians since 1987

KPS is wholly owned by Killoran & Associates Pty Ltd © ABN 88 065 362 727 & The Killoran Family Trust ABN 1304 6758 866

www.mypsychologist.com.au

- A.** Some people believe that sleep wastes time in life and that they can do with very little. L Ron Hubbard the originator of Scientology told us that he was not of this world and that he only needed about an hour's sleep a day. Although the cause is not known, it has been established that inadequate sleep can contribute to dying prematurely from diseases and conditions that one would normally recover from. Good sleep contributes to good health!
- B.** Eating meals before going to bed means the body is processing and digesting food when it is being required to sleep. The person will usually have great difficulty sleeping. Excessive alcohol consumption can also cause poor quality sleep. Alcohol inhibits R.E.M. sleep which is important for memory consolidation. Going to bed to sleep with angry thoughts on your mind will lead to no sleep or disturbed poor quality sleep at best.
- C.** Preparing for sleep by relaxing your body and mind is important. Reading a short "projective" story that takes you out of yourself to an adventure can provoke low frequency brain activity in the "delta" frequency range. Such activities can promote deep and restful low frequency sleep. One moves into what is referred to as a hypnagogic state as one transitions from wakefulness to sleep.
- D.** Using iphones and computers including watching TV causes stimulation and activation of the nervous system and the radiation from electromagnetic waves and electrostatic energy fields further stimulates and activates the brain. Deep and Restful sleep is made more difficult even impossible for some people.
- E.** Some research suggests that before midnight sleep is critical. Healing hormones function between the hours of about 10.00 PM and 2.00 AM. If we're not asleep by 10.00 PM, we may miss some or all the body's healing hormone activity. The less sleep before midnight the less healing hormone activity.

Circadian rhythms of the body (sometimes referred to as the “body clock”) are very important and not sleeping at night puts them out of phase and makes us uncomfortable and tired.

F. Melatonin is the hormone that controls biorhythms for sleeping and waking. Normally melatonin goes up and you fall asleep when it comes down you wake. When the sun went down ancient man went to sleep. Modern man turns on lights and LCD screens. When the sun came up ancient man arose to start the day. Modern man sleeps past day break and gets up many hours after sunrise. The healthiest people go to sleep when the sun goes down and awake when it comes up in the morning. Fishermen while at sea have a similar life cycle. Simple techniques from relaxation methods to clinical hypnosis can help you get off to sleep. Your conscious decision to go to bed earlier is critical. However if your normal sleep pattern is to go to bed late *do not expect to change this habit quickly*. Gradually over several weeks bring your to bed time forward by approximately 15 minutes and maintain for about a week and if going OK bring forward an additional 15 mins and maintain for about another week and continue until you are getting substantial before midnight sleep. In some cases, it may be necessary to maintain a new “to bed time” for longer than a week the process may take several months. Remember you are teaching your body to sleep earlier and resetting your body clock.



**YOU WILL
SLEEP DEEPLY**



Graham M Killoran
CONSULTING PSYCHOLOGIST



M.A.P.S., M.C.O.P., * M.S.A.S.H., M.A.S.H., C.M.A.H.R.I.

** Founding Public Officer and Executive Board Member*

Graham is our Consulting Psychologist, he is an Australia Registered Psychologist and is a Specialist in Organizational Psychology, Clinical Hypnosis and in Human Resource Management

Ph +61 7 4126 2224 Mb 040 911 9445 Skype: mypsychologist2

Email: graham@myspsychologist.com.au Web: www.myspsychologist.com.au