

Tania Taylor
HYPNOTHERAPY & PSYCHOTHERAPY



To find out more about my deep sleep hypnosis and my sleep workshop, click on the images above

10 Steps to Sleeping more soundly

1. Note down the last time sleep came ***more*** easily to you without sleep medication, drugs, or alcohol.

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2. List three things that can signify a "wind-down" routine for you. For example, 9pm Watch one hour TV with a hot milk, 10pm brush teeth and get PJ's on, 10:15pm play hypnotherapy recording.

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3. Decide what time you will put your electronic device away and give yourself an idea of what you can do to stop yourself picking that phone or tablet up again after you've put it down. (For best results at least two hours before sleep time).

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4. Choose a set bedtime for the next two weeks and a set get-up time.

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5. Decide on some feel-good moments you want to think about when you're falling asleep or if you wake up in the night. For example, what happened on one of the most special days of your life? What are you looking forward to? Anything that makes you feel happy.

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Talking therapies to help with anxiety, sleep and related conditions
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6. Consider food and drink to avoid in the run up to sleep and the foods that can help promote a good sleep. Read my blogs on sleep and food here: https://www.tania-taylor.co.uk/category/food-eating-and-weight/
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7. Write your sleep goals here. For example, I'll sleep for 7 hours, perhaps waking once to use the bathroom. When I wake up I'll go right back to sleep. In the morning I'll feel well rested and I'll look forward to the day (ensure your goals are written in your words, not mine).
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8. Choose a hypnotherapy trance to listen to every night to help you fall asleep. It's important you use the same one for the whole of the two weeks to help establish a routine.
   https://www.youtube.com/channel/UCos7z3Tc87AQoEIsAMwXxqg
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9. Join my Facebook group for continued support and encouragement, includes a free ***live*** relaxation session every week.
   https://www.facebook.com/groups/CalmYourMindFree
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10. Use the table below to note what you did well each evening in the run up to bed and what you would like to do differently the next evening, each time referring to the steps above.
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#TopTip Don't write down "I need to stop doing…." As this is focusing on the problem. Instead ask your self "If I wasn't doing …..What would I be replacing it with, or what would I want to be doing instead?" and "Nothing" is not a useful answer. Your brain requires a goal to work towards, "nothing" is not a goal. You've got this!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 What worked Well…… What I'll do differently tomorrow….							
Week 2 What worked Well…… What I'll do differently tomorrow….							

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