

# HYPNOSIS FOR SLEEP: BETTER REST FOR BETTER HEALTH



We spend about a third of our lives sleeping, but for some of us, the rest we need is elusive. Research indicates that more than half of Americans feel they are not getting enough sleep, but the problem is not confined to the United States. People in Japan, Saudi Arabia, Sweden, India, and The Philippines are also getting far less than the recommended 7 to 9 hours of sleep a night, and some experts believe that sleep problems will continue to increase.

Our increasingly busy lifestyle combined with a 24/7 society, blue light from mobile devices and other electronics in our bedrooms, and an increase in shift work are all keeping us tossing and turning at night. Some research indicates that our sleep has declined nearly 20 minutes over the last several decades. **How Much Sleep Do We Really Need?**

As a lack of sleep, insomnia, and sleep disorders increase around the globe, so does our search for sleep solutions. The answer, however, might be closer than you dreamed. Using hypnosis can bring you the deep, restorative rest your body needs for health. With UpNow's sleep well hypnosis app, you can be well on your way to a more energized tomorrow.

The amount of sleep we need can vary by age, health status, and other factors. For example, babies and young children need more sleep than adults and older adults. According to the American Academy of Sleep Medicine and the Sleep Research Society, most adults between 18 and 60 should get at least 7 hours of sleep a night for good health. Teens need about 9.25 hours a day. Most of us, however, are not getting enough sleep, according to surveys and research, and it affects people all over the world.

Hypnotherapy for sleep anxiety offers a gentle, effective solution that can help you address the issues underlying your sleep difficulties. With UpNow's sleep hypnotherapy app, you can get the sleep you need.

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# Better Health Self Hypnosis

**Sean F. Kelly, Reid J. Kelly**



## **Better Health Self Hypnosis:**

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**Better Health Through Self-hypnosis** Leslie M. LeCron, 1967

**The power of self-hypnosis**

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## The Enigmatic Realm of **Better Health Self Hypnosis**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Better Health Self Hypnosis** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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