



Clear Thinking Issue 102

You can already speak 'hypnotic', now learn to speak it like a native. 25% off with the early bird discount when you book the online [Advanced Hypnosis Course](#) now.

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- How to stop anyone smoking

How hypnosis can help you sleep better

*Hypnosis Master Series: Sleep and hypnosis – by **Mark Tyrrell***

What constitutes good sleep? What prevents good sleep? How can we get better sleep? How can hypnosis help?

People feel happier and are healthier when they sleep properly. Great sleep helps to nourish your immune system, your heart, your lungs and your skin. Good sleep even helps you maintain a healthier weight. In fact, everything works better when you sleep better!

And have you ever noticed how the world just seems better all round when you get the right quality and quantity of refreshing sleep?

Poor sleep impairs performance in all areas, from driving your car safely to doing well at sports or putting in a good day's work.

According to the National Sleep Foundation in the UK, people with sleep problems are more likely to develop psychiatric problems than people who sleep well – and we can all attest to being more irritable or emotional when tired. Many accidents at work also happen because of sleep deprivation – even the nuclear disaster at Chernobyl was due to human error brought on by lack of sleep.

So it's clear that good sleep is vital on many fronts.

It's curious that the average person nowadays sleeps 20% less per night than their predecessors a hundred years ago. This is likely due to noisier, more brightly lit environments, increasingly busy lives and the importance of night time social life in our modern world.

The problem is, we didn't evolve to live like this at night time.

For billions of years the evolution of life forms all over the planet has been driven by the consistent rising and setting of the sun. And for millions of years our ancestors have slept when it's dark and risen when it is light. But in the last blink of an eye (historically), the world has been artificially lit up.

Electric light keeps us alert, awake, and living in a way very far removed from how we evolved to live. If you go camping regularly, you'll probably have noticed how much earlier you tend to go to bed when you are living more by the sun than electric light. And of course, when there's no TV to keep you stimulated!

It's not only our sleeping patterns that are governed by the 24-hour circadian rhythms. They also rule our digestion, our hormonal secretions, our brainwaves, and our cellular repair and regeneration.

Disrespect that cycle at your peril...

Continue reading '[How hypnosis can help you sleep better](#)' to learn more about the role of good sleep in your life and how you can easily improve your sleep patterns.

How to stop anyone smoking

No sleeping here, good or bad, it's time to wake up and catch the Early Bird discount on our next [online smoking cessation training](#) before it runs out on 13 October.

This course is aimed at therapists already familiar with using hypnosis effectively in therapy. The tools and techniques you will learn with us will help you master the **specific skills** you need to help people quit smoking.

For good.

Just so you can see the real difference these skills make, your course materials include a video of a live 'stop smoking' session with a particularly tricky client. Yours to keep, of course.

Plus, you'll get a range of other free extras that you'll find yourself referring to again and again.

The next [stop anyone smoking course](#) starts on 3 November and there are only 25 places available so get cracking.

[You can read more about the how to stop anyone smoking online course here.](#)

See you in a fortnight.

[Mark Tyrrell](#)

Co-Founder

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