

Having problems with sleep? **Do any of these sound familiar to you?**

- Taking a long time to get to sleep
- Not being able to get to sleep at all
- Telling yourself you will be able to sleep tonight and then finding that you can't
- Trying to relax when you get into bed and get ready for sleep
- Trying not to watch the clock
- Tossing and turning
- Trying to slow your mind down
- Going over and over the events of the day, what needs to be done tomorrow, or worrying
- Waking during the night and not being able to get back to sleep for a long time
- Waking during the night and not being able to get back to sleep at all
- Waking up exhausted
- Lack of sleep interfering with your performance in your personal or professional life
- Exhausted through lack of sleep
- Frustrated that the remedies that have been tried haven't worked
- Dreading bed time and the battle to get to sleep
- Worried about the long term affects of lack of sleep
- Concerned that the problem cannot be overcome because it has been happening for a long time

It doesn't matter whether your sleeping problems have been occurring for a short time or for a long time

THE TOTAL SLEEP PROGRAMME
will provide you with a **PERMANENT SOLUTION** to these problems

The Total Sleep Programme:-

- Provides you with a method for having the quality and quantity of sleep that you want and that you need
- Teaches you techniques that are safe, easy to learn, enjoyable and effective
- Shows you how to train your mind to overcome sleeping problems permanently
- Conducted over four Clinical Sessions.