

Sleep Better

Naturally enjoy a good night's rest



Hypnotherapy
& Mindfulness
Solutions

About

Better sleep is as easy as A, B...Zzzzz

After a long, hectic day, the thought of snuggling deep into your duvet is heavenly...until you spend all night watching the clock and missing out on precious shut-eye.

The effects of prolonged sleepless nights can be much worse than an embarrassing yawn in the middle of an important work meeting. In serious cases, prolonged lack of sleep can impact your physical and mental health.

Sleep is a vital component of health and wellbeing. A lack of sleep can lead to feelings of exhaustion, poor concentration, changes in mood and increased feelings of stress.

Hypnotherapy could be the safe, effective drugfree help you are seeking to help you to sleep well naturally, to wake feeling refreshed and calm.





I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

Support to help you get a good night's rest

Problems sleeping can be caused by many things in life such as stress, work pressure, overthinking and even during menopause or when we experience health issues.

I am a certified and registered clinical hypnotherapist and mindfulness instructor, with additional training to support insomnia relief using hypnotherapy.

I have completed additional training which enables me to help clients deal with issues and say goodbye to insomnia.



Services & Fees

Sleep Better options available:

Personalised hypnotherapy sessions focused on sleeping better are available at £70 per session.

OR

Individualised Sleep Better Programme providing you with practical techniques to support you to sleep better. The package includes:

- Personalised pre-programme consultation
- Sleep, its management information & self-help materials
- 3 x personalised hypnotherapy sessions
- A bespoke hypnotherapy Mp3 audio after each session to enhance mindset change.

To support your progress, hypnotherapy sessions can be taken over an agreed time frame.





Testimonial

“I was sceptical at first but I have gradually begun to sleep better for the first time in years.

Thank you for helping me, even though I was not sure hypnotherapy would help at all.”

H, Sleep Better Client

Case study

A Sleep Better Client case study is available [here](#).



Pricing & Extra Info

- Pre-programme consultation £50, then £75 per session (includes all aspects of the programme).
- Or one payment of £260
- 20% discount NHS, Care, Emergency Services & Armed Forces.

Free Initial Consultation

To help you to decide if working together could help you, I offer a no obligation free phone call. This is a chance to explain the help you want, find out more about how we can work together and ask any questions you have. Please contact me to book.

Sleep Better for Groups

Please enquire for details.

Contact Me

For further details or to make a booking:

- T: 07305 810935
- E: enquiries@hypnomind.co.uk

To visit the website:

- [Hypnotherapy & Mindfulness Solutions](#)
- Or scan the QR code



***Disclaimer: Results may vary from person to person.
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.***