

# NIGEL JONES

CERTIFIED POSITIVE PSYCHOLOGY COACH, NLP PRACTITIONER & HYPNOTHERAPIST



**COACHING**  
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## SLEEP - WORKSHOPS

*The aim of sleep therapy is to teach the client to relax again. You slept well as a child so you can sleep well now. We explore when the issue began to find the root cause. Shift you towards new beliefs around sleep...*

### WORKSHOP 1 - YOUR OPTIMUM LEVEL OF SLEEP

Work out what is the optimum number of hours you need. For an adult, it's normally between seven and nine.

### WORKSHOP 2 - DOS & DON'TS & CHECKLIST

Create a list of dos and don'ts. Incorporate a few into your schedule. It could make a huge difference to your well-being. Make your own list and stick to it.

Create a checklist to follow each night. Write it down under the following headers - *Pre-sleep Routine & In Bed Routine*.

### WORKSHOP 3 - BELIEFS

Rehearse your beliefs around sleep. Break rituals - some people have rituals e.g. "When I awake, I can't go back to sleep". Need to break these beliefs.

Decide if you want to keep any of the limiting beliefs. Take each belief and ask the following questions.

- Does this belief improve your life?
- Is this belief good for your health?
- Does this belief have any harmful consequences for you or others?

### WORKSHOP 4 - REFRAME SLEEP & ANXIOUS THOUGHTS

Tell yourself each day a new metaphor around sleep for example... The Quiet Library: "Your mind is like a library. At closing time—each thought is a book being gently placed back on the shelf, ready to rest for the night."

### WORKSHOP 5 - REFRAME YOUR BEDROOM & YOU

*The Bedroom* - What does your bedroom mean to you?

*You* - Think of the version of you that sleeps well - how they feel, what they look like?

### WORKSHOP 6 - SLEEP JOURNAL

What went well / not so well. Learn from what does not go well and change it.



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**SLEEP**  
ANXIOUS THOUGHTS  
KEEPING YOU AWAKE?

WITH HYPNOTHERAPY... I'LL HELP  
YOU SLEEP DEEPLY AGAIN.

Think of your mind like  
a library at closing  
time—each thought is a  
book being gently  
placed back on the  
shelf, ready to rest for  
the night.

YOU LEARNED NOT TO SLEEP... AND  
YOU REHEARSE IT EVERY NIGHT

BOOK A FREE DISCOVERY CALL  
07980 213 122  
[nigel@9kmby9am.com](mailto:nigel@9kmby9am.com)

**Nigel Jones**  
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CHANGE YOUR LIFE

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