



A great part of our lifetime is spend sleeping - almost 1/3 provided we get 7-8 hours of it per night. We all know how good sleep is essential for maintaining health and good mood. Sleep plays crucial role in maintaining the nervous system (the brain in particular).

This week it is World Sleep Day highlighting the importance of sleep and there will be plenty advice and information around and good advice but as with everything it's not what we know or the volume of information that makes the difference but how it is applied.

So simple and yet at times illusive, difficult and near impossible to attain. Just lay down close your eyes relax and drift off into sweet slumber.

In English we say fall asleep, implying a letting go. We also use the term dropping off when going to sleep, indicating a motion of fall and that how it often feels in the mind. Relinquishing control we trust we will wake up again (on time) and we that we can safely drop into the unknown where the subconscious can and will make itself heard and seen in the form of dreams.

Dreaming is fascinating, it can help you understand yourself, but can also be very intense, loud, vivid, frightening and disruptive. To ease and begin to understand deeper parts of my mind my therapist encouraged me to practice directing the dreams so that when becoming aware of dreaming, I began to direct the situation in the dream. This often happens without actually waking up and is so called lucid dreaming. I was also encouraged to go back to dreams after awakening from them and dropping back in and create a different outcome. It has the effect of softening and calming of the mind and therefore better sleep. The mind is powerful and the times when we can't let ourselves fall into sleep or wake up (4am with a start), the possibility to let go from the grip of wakefulness is out of reach. Thoughts churning, we can end up tossing and turning searching in for the switch that allows us to loosen the grip and allow the sink/fall or drift back into sweet slumber. The more agitated we become sensory input appear sharper harder and/or louder and we can become hypersensitive, hypervigilant or hyperaroused. Us humans are wired to be on guard alert to

