

# **UNABLE TO SLEEP**

*Sleep during the day but not at night*

*Really tired but unable to go to sleep*

*Wake up after an hour or two and are unable to go back to sleep*

*Get up in a morning feeling exhausted*

**Why are you unable to have a normal sleeping pattern, it is after all one of the most natural things in the world to go to sleep.**

**So what is it that YOU are doing that prevents you from having a full night's sleep.**

My name is Keith Robson and I help people to return to a normal sleeping pattern by getting them to understand what they are doing to create and maintain the disruptive pattern.

Training can then be given on how to make the changes you need.

The training usually comprises of two or three hourly sessions with regular phone calls to maintain support and encouragement

**SLEEP WELL, LIVE WELL**

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