

*1st*  
**WORLD**  
CONGRESS



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**ON HEALTHY AGEING**

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[www.healthyageingcongress.org](http://www.healthyageingcongress.org)

Organised by:



Malaysian Healthy Ageing Society

Co-Sponsored:



World Health  
Organization



London College of  
Clinical Hypnosis  
(Asia)

# Hypnosis and Insomnia

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# What is hypnosis?

- **Waking Hypnosis**

You experience waking hypnosis several times every day

It is a state that occurs naturally when your attention is fixed on one thing to the exclusion of all else





# What is hypnosis?

- **The hypnogogic and hypnopompic states**

Experienced in the transition between wakefulness and sleep:

## **Hypnogogic**

The state you experience as you go to sleep

## **Hypnopompic**

The state you experience as you wake up



# The Problem

- Patients
- Family Members
- Doctors





# Research

- 33.8% prevalence in Malaysia
- More common in the over 65's
- Elderly more sensitive to surroundings



# Research

- Sedentary lifestyle contributes
- Medical conditions contribute
- Hormonal shifts contribute





# Research

- Side effects of prescription drugs
- Emotional factors



# What is trance?

- **Altered state of awareness**
- **Conscious vs unconscious**





# Power of the Mind





# Medical Approval

**British Medical Association 1955**

**American Medical Association 1958**

**Indian Ministry of Health and Family Welfare 2003**

**Academy of Family Physicians of Malaysia accredits  
hypnotherapy training 2006 and formed a hypnotherapy  
chapter in 2011**





# Religious Approval

**All major religions support the therapeutic use of hypnosis**

**The majority of religions are against its use for entertainment purposes**



# Research and hypnosis

- **Research proves the efficacy of hypnotherapy**

**Psychological**

**Medical**

**Mind-body connection**



# Insomnia

- The Law of Reversed Effect





# Insomnia

- Hypnotherapy aids sleep by addressing these factors:

Behavioural

Emotional

Cognitive

Lifestyle

Medical conditions such as pain



# Self-hypnosis





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