

Inner Act Sleep Program

For sleep, the process I use:

During the first visit, I will ask about the sleep habits.

Also, I will ask about the process they use currently to fall asleep and return to sleep. Of course, I ask if they have had any one teach them ways to enter the relaxation state.

After they have experienced **NeuroOptimal Training**, I use the beginning of the session to discuss shifts in practicing the tools, daily life, sleep preparation, onset and preparing for sleep and return to sleep.

Bio Behavioral Tools are a set of traditional relaxation tools and techniques that I was using in **Optimal Performance Work**. This is a suite of tools with handouts, customized recording, pre recorded exercises that were tested with an HRV tool to determine the person's response.

1. **The Relaxation State:** At Norwalk sleep center, I introduced the concept of entering a state of relaxation. I used a basic version of Herbert Benson's approach. This is found on line. As I am doing the basic process, I use the Emwave Desktop to ascertain you are entering a more balanced state for a few minutes. I use an adaptation of "relaxation States Inventory": "I am relaxed, I am worried, I am agitated."
2. **Traditional stress reduction tools:** Progressive Muscle, Autogenics, guided imagery.
3. **"Respire " Coherence CD** by Stephen Elliott; I use this to introduce rhythmic breathing. I ask the client to practice 15 minutes a day away from sleep.
4. **Open Focus®** teaches flexibility of attention, reinforces your ability to enter a state of where there is a quieting of the inner dialogue and self judgment.

Although I have all these tools, the pivotal ingredient is **-NeuroOptimal Training**. I encourage the learning and adoption of one or two tools because as life is happening-our arousal is always being impacted by stress.

About the **Neurofeedback** at **INNER ACT**.

You simply relax in a comfortable chair listening to music of your choice

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whilst NeurOptimal® monitors the flow of complex and dynamical brainwave activity. When certain turbulence characteristic of constrained and less than optimal processing is detected the music interrupts very briefly (microseconds). The interruptions bring the attention of the unconscious to the turbulence events as they are occurring. This additional real time feedback of processing activity enables the brain to utilize its incredible complexity, capacity, and transformational ability for increased efficiency and higher order processing - with learning about how to maintain that.

By the time your conscious mind has registered the interruption, your brain has already responded, and there is nothing you need do to improve the outcome. This leaves you free to enjoy the experience of transformational processing and the learning that flows. It is so effortless and enjoyable you will find the training session a very comfortable interlude in your week as the benefits begin to appear naturally in your day-to-day life.