



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

191 - Sleep

Student Number: _____

Name: (Please Print) _____ Date: _____

- What is the most common problem that prevents one from going to sleep in the beginning of their sleep time?

- List three different reasons individuals have a problem with sleep and give two suggestions for each reason given.

1. Problem _____

Suggestion 1

Suggestion 2

2. Problem _____

Suggestion 1



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

Suggestion 2

3. Problem _____

Suggestion 1

Suggestion 2

- How many stages of sleep does a person pass through during their sleep time? _____
- Your client has written down on their file that they would like to enjoy a good night sleep. Name 5 questions you would ask about their sleep.

1. _____

2. _____

3. _____

4. _____

5. _____