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'Enjoy better sleep with the STOP! System'

**There's nothing as wonderful as a good nights sleep
Yet many people struggle to either get to sleep or stay
asleep**



**The traditional advice is to get up and do something boring
until you feel sleepy**



Fortunately there is now a remedy for insomnia which does not involve leaving the comfort of your bed

It's called **STOP!** and uses

'the blackboard method'

and puts you back in control of your sleep pattern



If you find you are having trouble dropping off...



Or wake up in the night and have difficulty settling back down

**Interrupt those runaway thoughts by saying 'STOP'.
You now have an opportunity to think your thoughts rather
than allow them to think you!**



Imagine, in your mind's eye, a very large blackboard



The blackboard is as big as you are. You have a chalk and a blackboard eraser.

Your task in your imagination is to chalk the number 100 on the blackboard as large as you can.





You then have the job of, in your mind's eye, of wiping away the number with the eraser

Your next task is to chalk the number 99 onto the blackboard which you must then also erase.

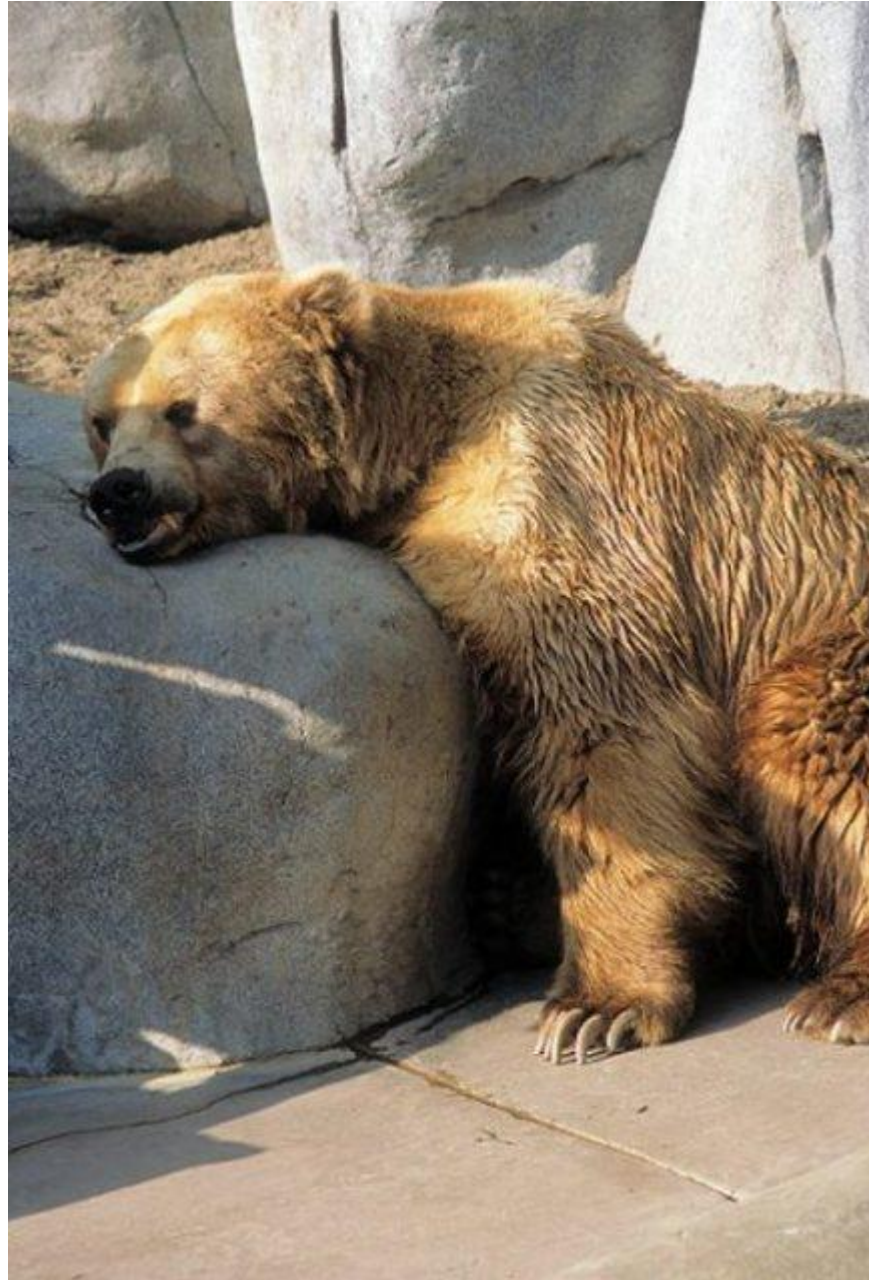




This task continues without interruption until you fall asleep or reach zero when the task begins again.



This insomnia busting technique improves with use until, in the end; you may find you only reach 97 or 96 before falling into a deep and peaceful sleep.



So why does this technique work?





Thoughts and worries catch the attention of the mind and keep it active. Left unchecked, these intrusive thoughts can keep you awake and alert when you would rather be asleep





When the mind becomes focused on an un-stimulating, repetitive action, it becomes bored, loses interest and settles back down

It's impossible to think two thoughts at once so the repeating numbers and images crowd out other thoughts





Behind closed eyelids; the eyes follow the chalk on the imaginary blackboard which mimics the rapid eye movement observed in dreamers known as REM





The brain is a quick learner. If you repeatedly use the blackboard technique, the response is quicker and stronger as a new neural pathway is established.

Sleep is a conditioned response. It is easy to become anxious and interrupt the process of letting go



Going to sleep is not something you actively do. It is something which happens all by itself.

So reclaim your right to a good nights sleep and train your brain to let go of the day



Sleep well!



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