
SLEEP & FATIGUE

How can Neurofeedback help?

During sleep, the brain has a chance to sort, prioritise and file all the information taken in during the day. Mental functioning decreases nearly twice as rapidly as physical performance with decreased sleep.

The reasons for sleep difficulties are varied. It may be due to stress, anxiety, burnout, trauma, or habitual loop thinking. Whatever the cause, the brain has lost the ability to shift into the correct state for sleep.

Neurofeedback helps you to restore your natural sleep rhythms. By training brain control and flexibility, the smooth transition of the central nervous system from activation to rest can happen naturally.

In the case of chronic fatigue related disorders, it can be a long process to rebalance and re-strengthen the system. Proper nutrition is crucial as a supporting therapy in this case, as is a willingness to take it gently to give the system a chance to rebuild and recover.

www.calmyourmind.co.za

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