

Hypnotherapy Intake Form - Sleep

1a) Are you ready to make changing the way you think, feel and act around sleep a high priority for the next 21 to 35 days? What is an exact start date that will let this be a high priority with minimal competing events?

Start Date; ____ / ____ / ____

1b) Can you attend one initial call, and then three to five personal sessions, once a week for three to five weeks?

1c) Can you listen to hypnosis audios at least three times per week for the next three to five weeks? And keep a *Sleep Diary*?

2) What aspect of sleep do you want to focus on? (*e.g. Difficulty going to sleep or staying asleep. Waking too early, or often during the night. Tiredness in the day. Excess thoughts or emotions before or during sleep. Nightmares, or unsettling, reoccurring or confusing dreams.*) Describe.

3a) What old behaviors do you want to stop doing?
(*eg Compulsive habits around sleep hygiene? Compulsive habits during the day that affect sleep?*) Describe.

3b) What new behaviors do you want to start doing?

4a) Are negative emotions & thoughts influencing your sleep?

4b) What new emotions & thoughts do you want to experience instead?

5) Are there other issues, that may be affecting your sleep?

Are there current significant issues in your personal or professional life?

Do you have issues with food, exercise, coffee, or alcohol or stimulants that affect sleep?

6a) Have you experienced hypnosis? Do you feel you were hypnotized?
How did you know you were hypnotized?

6b) Have you experienced hypnotherapy? What were your presenting issues?
Was it for sleep? If so, how many sessions, and what outcomes?

If it was for other issues, what were they, and what were the outcomes?

7) What other methods have you used for sleep? What were your thoughts and feelings going through it? What were the outcomes?

8a) What success have you had in the past with sleep *or* other related issues?

8b) What blocks have you had with sleep? Do you know a cause?

9) What long term benefits can come from changing the way you think and feel about sleep?

10a) What message could you give to, or receive from, your wise subconscious?

10b) What spiritual lesson might you be learning from your experiences with sleep?

11) For Online Sessions; Do you have, or can you get, a) a headset with an inbuilt microphone, b) a camera that captures your face and upper body, c) a solid device and wifi that's stable for 90+ minutes? These are all required.

11a) Do you have any questions?

12) Now review the *Sleep - Strategic Plan*, and complete the *Three Negatives Avoided, Three Gains Achieved*.