

INSOMNIA



&

The Knight Method



How Can The Knight Method Of Transformation Help Insomnia?

Let's talk about insomnia and some of the reasons which may be causing insomnia that you may not have thought of.

It's estimated that 30 to 50% of the general population in America is affected by insomnia. 10% have chronic insomnia, which means that ongoing, long-term, they have really bad sleep problems.



So it is a big issue. It is an epidemic and it seems to be increasing. It also tends to affect women more than men. So let's firstly look at what normal sleep is. In general, people say that 6 to 8 hours a night of good undisturbed sleep is a healthy sleep.

We should be falling asleep within 10 to 30 seconds of putting our head on the pillow at night and sleeping soundly until we wake up and feel refreshed in the morning and ready to pounce out of bed.

So how do you compare with that?



I'm going to go through and give a few different tips and theories around good sleep. Now do you know that you have what is called a meridian clock?

We have meridians in our body and this is what acupuncture is all about. When you go to see an acupuncturist they put needles in your body to change or reroute the flow of energy in the body, so that we unblock, blocked meridians or increase energy in certain meridians.

We have these different meridians in our body and they switch on and off at different times throughout the day.



Our nervous system is a meridian that switches on at around 11 o'clock and off again at 3 in the morning, so that's 11 pm to 3 pm. It's our liver and gallbladder organs and that correlates in Chinese medicine with the nervous system and the wood element.

Now, what's really interesting about this wood element is the liver, gallbladder and the nervous system, is the system in our body that is very connected with stress.

It gets overly sensitive if we don't get good sleep during those hours, (and also a few hours after that) and we're going to feel on edge and stressed.



It's the wood element of the body, the liver and the gall bladder and nervous system are called the wood element in Chinese medicine.

The wood element is an element that always grow. If you think of plants and trees, they just keep growing, growing, growing.

It's like if you leave weeds in the ground or even just any plant, it will just continue to grow and so, if we start getting really active with our minds during this time, at around 11 o'clock it will find it really difficult to go to sleep.



Have you noticed that your mind can get really creative because that's another element of this wood element - creativity?

If we start getting really creative with our mind at this time, then we get over stimulated. We over stimulate our nervous system and our sensory systems and then we can't fall asleep and so we will have a bad night sleep.

So the solution to that is that we need to make sure we're in bed before that meridian switches on. So ideally we need to be in bed around 10 o'clock or asleep by around 10 o'clock.



This is following the laws of nature. There are many, many different laws of nature but most humans are completely oblivious to.

Most animals are completely following it because it's their innate nature.

Because we have our thinking minds we can override these rules, these laws of health, with our minds and this gets us into a lot of a lot of trouble.

So if you look at animals they go to sleep at night and the birds go to sleep at night, but humans. they stay up at night.



It's really useful just know this meridian clock, this meridian timetable and to follow it and work with it rather than against it.

Secondly, how, when and what we eat will also affect our sleep. If we are eating late in the evening, then our body is trying to digest our food and it will not feel comfortable and it will disturb our ability to fall asleep and get a good night's sleep.

Now it's up to you to find out and discover what the optimal time for eating is. In general people say around 7 o'clock in the evening.

It's good to not eat after 7 o'clock in the evening, so you can test that out, you can look at your eating patterns.



Also looking at what foods you are eating will make a difference. If we've eaten food that is not agreeing with us, that is not healthy for us, it's going to put the body under stress and that may affect our sleep patterns.

Sleep hygiene is our habits of when we go to bed, which I've already mentioned with the meridian timetable.

It's about just being aware of what your sleep patterns are.

Ask yourself; what time am I going to bed?

What time am I getting up? Are these patterns healthy? Are they following the laws of nature and the laws of health?



One of the other reasons that's can we can stay awake at night is because we're in the stress mode. Our body has what's called a stress mode and relaxation mode, which in medical terms is called the sympathetic or the parasympathetic response.

During the day we're more in the stress or sympathetic mode because we're active. Whereas at night we are meant to be relaxing and the parasympathetic mode switches on.

However, we can also say that in general, we are meant to be relaxed most of the time and in theory, the body should only go into stress in a real emergency.



That is what the stress response is for, it is to deal with real life threatening emergencies.

But most people are spending a lot of their time in the stress response. The body is thinking that there is a perceived threat to its life and this keeps this stress response switched on, when really it shouldn't be.

So if we go to bed in stress response and we are really hyped and our nervous system is overly hyped we're going to find it difficult to go to sleep.

In a moment I'm going to share a couple of exercises you can do to de-stress.



Being able to destress is very important for being able to sleep well. Often when we're in bed and we are stressed, our mind is going to go into overdrive and we call this the monkey mind.

So what is over thinking? We are just thinking, thinking and we're lying there and we're thinking of all the projects that we have to do. All the tasks that we have to do and we just can't shut our mind off.

That is a symptom of the body being locked into the stress mode. Spending far too much time in stress rather than in relaxation.



We have to learn to deal with this during the day so that when we go to bed at night, it's not affecting us and we are in a relaxed state.

One of the reasons that we will have our monkey mind and the over thinking going on, is because we have unfinished business in our life. We have issues that are going on, that have not been dealt with or completed and usually there are issues with people.

As a result of that, we have a whole heap of emotions inside of us such as frustrations, sadness, disappointment, hurt, fear, etc. which are churning around in our body whether we're aware of them or not.



If we hold a whole heap of emotions inside our body and we don't deal with them, what happens is the mind starts going into overdrive because it's trying to deal with them. The thinking mind can't deal with emotions, they are two separate things.

Emotions are irrational, thoughts are rational. We cannot think our thoughts away, we cannot think our feelings away with our thoughts.

We need to deal with our emotions in a different way, either way, we have to deal with this unfinished business so that we bring our body and our mind back into a peaceful state.



So we have to clear the decks, we have to clear unfinished business and that is a long story to tell you how you do that.

That is what I do and I work with people in my therapy room, but this is what we need to do.



Here Are A Couple Of Techniques For Destressing In General:

Deep Breathing

Deep breathing, deep abdominal breathing, most people are shallow breathers. They are only breathing in their chest.

They are not aware of their breath and they don't realize that normal, natural, healthy breathing is a deep breath right down into the abdomen, then, taking that breathe all the way up the spine into the shoulders.



So it's like our whole torso is breathing just like a baby breathes.

This is normal natural breathing, but most adults become chest breathers which means they are very disconnected from the belly.

When we do abdominal breathing it calms the mind and the body and that can help us get to sleep.

As you're lying there in bed, you can do some deep abdominal breathing, down into your belly, up your spine, into your shoulder blades and then you just let it all go.



Here Are A Couple Of Techniques For Destressing In General:

Actively Destress Your Body & Mind

Another thing that I recommend is that you take up a practice that is going to actively destress your body and mind. That may be something like meditation or chi gong.

It is a practice where you actively bring your body out of the stress mode into the relaxation mode to constantly and consistently train your body-mind out of the stress response.



If we are leading busy lives like most of us are in our 21st century, we need to actively on a daily basis have a de stress technique and probably more than one. So these are a few little hints as to how to deal with insomnia.



**This Ebook is a collaboration between Kim Knight,
Founder of The Knight Method at Kim Knight Health
& Global Healing Exchange**

