

# How kinesiology helps you sleep

Many people struggle with sleep every day. Research is demonstrating how kinesiology can improve sleep by discovering the source of the issues.

by Phillipa Huynh



## THAT ELUSIVE GOOD NIGHT'S REST

My talent is that I'm a great sleeper. I rarely wake at night and can easily fall asleep for hours on a plane. Basically, I sleep like a baby. Jealous? You're not alone. When my colleagues and I conducted a kinesiology study on sleep in 2015, I was astounded as to just how many people struggle with their slumber. They struggled with getting to sleep, staying asleep, and having good quality rest. These people had just accepted that a lack of sleep is 'normal'. Let me tell you - it's not. With the helpful assistance of your kinesiologist, you can find that elusive good night's rest.

## KINESIOLOGY STUDY RESULTS

Our research results were very promising. Eight kinesiologists studied 60 subjects before and after three kinesiology sessions. With a 39% reduction in the average number of times woken, 19% improvement on the (self-rated) quality of sleep scale and 16% increase in the number of hours sleep obtained each night, the study was a great step forward in providing evidence of the benefits of kinesiology with sleep issues.

Because kinesiology is an individual-based modality, each participant received different treatment. Kinesiologists draw upon hundreds of

different techniques - all dictated by what your body requires at any given time. Using feedback from your body, kinesiologists determine exactly what your body requires to gain equilibrium or balance. In the context of sleep, your kinesiologist will 'ask' your body where the imbalances are and determine which techniques will bring the body back into balance.

So, what did we discover in the study? And how does kinesiology help with sleep?

## CIRCADIAN RHYTHMS

Your circadian rhythm, or body clock, is disturbed by modern lifestyle each day. Your body knows what time of day it is by how much light your eyes are exposed to. If there is light, your body clock registers that it is daytime. Likewise, when dark, your body knows it's bedtime.

Artificial lighting sends signals to your body, via your eyes, that daytime has been extended. This messes with your body clock, making it difficult for you to sleep. However, you may be more sensitive than others. Using muscle testing, kinesiologists can determine if your exposure to artificial light is having a negative impact on your health.

By 'questioning' your body, kinesiologists can narrow down the

specific solution that can offset your exposure or determine if a modification to your environment will reduce the negative effects.

## WORRY AND ANXIETY

Women in particular are notorious for worrying, and with worry comes anxiety. A racing mind; repeating the events of the day over and over; planning tomorrow down to the minute. It's a wonder some of us sleep at all!

Kinesiology (specifically PKP or Professional Kinesiology Practice) traces all imbalances in your life back to the emotional source, from childhood or just last year. By working through the source emotion, you may find great relief and eventually elimination of your worries and sources of anxiety. It's called 'age regression' and it is quite effective at releasing old and sometimes life-long patterns.

## SABOTAGE PROGRAMS

Sabotaging your own success is more common than you may think. Sleep is no exception. Quite often, parents will stay up late because of the desire for some 'alone time' without the kids (I'm guilty of this one, myself!). Just as often, people create their own self-fulfilling prophecies by telling themselves "I don't think I can sleep tonight!" Or, people are just set on their old bad habits and



are reluctant to change because, well, change itself is difficult!

Clearing sabotage programs is what kinesiologists do best. 'Clearing' them can be simply discovering that a hidden sabotage program exists or it could be tracing it back to a belief system that was formed many years ago. By discovering the key themes in your life and drawing your attention to them, you become in control of your behaviour and with control comes choice. When you choose a better response, you can choose to stop sabotaging yourself.

Are you struggling to sleep?

It's rare that only one factor is affecting your sleep. You will usually need to iron out other factors before you get yourself regular, good quality rest. My advice? Find yourself a good kinesiology practitioner so you, too, can start sleeping like a baby. ■

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*Phillipa, a kinesiologist working in Park Orchards and Thornbury, Victoria, teaches you how to make your life 'fit' again. A big believer in positive change, Phillipa teaches you how to understand your past so you can map your future.*

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