

## Clinical Hypnotherapy Research Update – Sleep Issues

Article prepared by *Dr. Leon W. Cowen*

*AdvDipCH, PhD (Clinical Hypnotherapy)*

### References

1. Bowden A, Lorenc A, Robinson N. Autogenic Training as a behavioural approach to insomnia: a prospective cohort study. *Prim Health Care Res Dev.* 2012;13(2):175-85.
2. Morin CM, Jarrin DC. Epidemiology of insomnia: prevalence, course, risk factors, and public health burden. *Sleep Medicine Clinics.* 2013;8(3):281-97.
3. Sateia MJ, Nowell PD. Insomnia. *The Lancet.* 2004;364(9449):1959--73.
4. Cordi MJ, Hirsiger S, Méritat S, Rasch B. Improving sleep and cognition by hypnotic suggestion in the elderly. *Neuropsychologia.* 2015;69:176-82.
5. Pallesen S, Sivertsen B, Nordhus IH, Bjorvatn B. A 10-year trend of insomnia prevalence in the adult Norwegian population. *Sleep medicine.* 2014;15(2):173-9.
6. Pandey S, Phillips BA. Why is the prevalence of insomnia skyrocketing? And what can be done about it? *Sleep medicine.* 2015.
7. Yuwen W, Chen ML, Cain KC, Ringold S, Wallace CA, Ward TM. Daily Sleep Patterns, Sleep Quality, and Sleep Hygiene Among Parent–Child Dyads of Young Children Newly Diagnosed With Juvenile Idiopathic Arthritis and Typically Developing Children. *J Pediatr Psychol.* 2016:1-10.
8. Laugsand LEMD, Vatten LJMDP, Platou CMD, Janszky IMDP. Insomnia and the Risk of Acute Myocardial Infarction: A Population Study. *Circulation.* 2011;124(19):2073-81.
9. Abramowitz EG, Barak Y, Ben-Avi I, Knobler HY. Hypnotherapy in the Treatment of Chronic Combat-Related PTSD Patients Suffering From Insomnia: A Randomized, Zolpidem-Controlled Clinical Trial. *International Journal of Clinical and Experimental Hypnosis.* 2008;56(3):270-80.
10. Hayes SJ. The use of hypnosis as an adjunct to cognitive-behavioural therapy in the treatment of a 10-year-old boy experiencing sleep disturbance and chronic fatigue syndrome. *Australian Journal of Clinical & Experimental Hypnosis.* 2016;41(1).
11. Szigethy E, Hashash J, Vachon A, Mcauliff K, Strassburger M, Rode N, et al. P-034 Brief Behavioral Intervention for Sleep Disturbance for Adolescents and Young Adults with Crohn's Disease: Open Trial Study. *Inflammatory Bowel Diseases.* 2016;22:S20.
12. Grundmann O, Yoon SL. Mind-body therapies for functional bowel disorders-A review of recent clinical trials. *European Journal of Integrative Medicine.* 2013;5(4):296-307.
13. Elkins G, Johnson AK, Fisher W, Sliwinski J. Improving sleep in post-menopausal women: Outcome from a randomized trial of clinical hypnosis. *Menopause.* 2012;19 (12):1371-2.
14. Gamus D, Kedar A, Kleinhauz M. Hypnosis in palliative care. *Progress in Palliative Care.* 2012;20(5):278-83.
15. Catoire P, Delaunay L, Dannappel T, Baracchini D, Marcadet-Fredet S, Moreau O, et al. Hypnosis versus diazepam for embryo transfer: a randomized controlled study. *American Journal of Clinical Hypnosis.* 2013;55(4):378-86.
16. Kiran U. Effects of meditation on recovery after coronary artery bypass surgery. *Journal of Preventive Cardiology.* 2011;1(2):85-7.
17. Kraft D. Successful Treatment of Snoring Using Hypnosis. *Contemporary Hypnosis and Integrative therapy.* 2015;30(4):179-88.
18. Malhotra RK, Avidan AY. Parasomnias and Their Mimics. *Neurologic Clinics.* 2012;30(4):1067-94.
19. Makover R. From the Experts: Perhaps It's Time to Reconsider Hypnosis American Psychiatric Association; 2016 [updated April 15. Available from: <http://psychnews.psychiatryonline.org/doi/full/10.1176/appi.pn.2016.4b13>.