Age and Gender

Female, 36 years old

Summary of Identified Issues

• Chronic sleep-onset insomnia (average latency > 90 minutes)

• Cognitive hyperarousal at bedtime (ruminations, future scenarios)

• High mental load related to work and family life

• Limiting beliefs: “If I don’t sleep, I’ll ruin my day tomorrow”, “I must control my sleep”

• Emotional resistance to letting go

• Negative conditioning associated with the bed: bed = insomnia struggle

• Absence of emotional or physical calming rituals

• High sensitivity to nocturnal stimuli (sounds, light, internal tension)

Dominant Emotions Detected

• Frustration / irritability

• Anticipatory anxiety

• Feeling of failure

• Guilt about not “succeeding in sleeping”

• Constant physical tension (epigastric area and trapezius)

Triggers & Psychological Mechanisms

1. End of day = mental activation (task review, fear of forgetting, anticipation of tomorrow)

2. Getting into bed = activation of control system (“I must fall asleep quickly”)

3. Intrusive thoughts → muscle tension → adrenaline surge → failure to fall asleep

4. Vicious circle: the more she fights wakefulness, the more insomnia is reinforced

5. Unconscious belief: “Falling asleep is a test I must pass”

Immersive Scenario

“It’s 10:45 PM. The house is finally quiet. She lies in bed. Her eyelids feel heavy, but her mind is wide awake. A meeting scheduled for tomorrow crosses her mind, then a phrase her child said earlier that day. The silence in the room becomes oppressive. Each heartbeat feels like an alarm. She shifts positions, looks at the clock. 11:12 PM. She sighs. She knows the script. The thoughts spiral. She tells herself that if she doesn’t fall asleep soon, she’ll be exhausted tomorrow… And that very thought is what’s keeping her awake. Again.”

Proposed Solutions

1. Immediate Solutions

• Cognitive offloading exercise (write intrusive thoughts in a notebook before bed)

• Transition ritual: 30 minutes of dim light + calm, non-digital activity

• Guided 4-7-8 breathing: to slow the heart rate and activate parasympathetic relaxation

• Body scan focused on tension zones (jaw, solar plexus, shoulders)

• Ban on “fighting wakefulness”: allow herself to simply be there

2. Intermediate Solutions

• Bed reconditioning: only stay in bed if sleepy. If not, get up for 10 minutes, then return

• “Paradoxical intention” technique: consciously say “I will stay awake” to reduce pressure to fall asleep

• Visualization of a safe haven (associated with relaxation, used each night)

• Use of white noise or binaural sounds to soothe auditory hypervigilance

3. Long-Term Solutions

• Hypnosis sessions focused on letting go, inner safety, and disconnecting the bed from failure

• Evening immersive meditations with sensory anchoring (e.g., progressive visualization of a calm, protective place)

• Cognitive restructuring of sleep-related beliefs: “Sleep comes when I let go, not when I chase it”

Proposed Hypnosis/Meditation Sessions

Personalized Hypnosis (1200 words)

Theme: “Taming Sleep and Reconnecting with Inner Safety”

• Progressive induction through a journey in a safe nighttime landscape

• Security anchoring linked to a chosen image (e.g., a soft light in a peaceful forest)

• Post-hypnotic suggestions: “Each night, I allow myself to do nothing but simply exist”, “My body knows how to fall asleep without my control”

• Integration of a calming anchor word to repeat mentally if the mind becomes overactive

Evening Immersive Meditation

Theme: “Sleep is not a destination, but a return to self”

• Duration: 15 to 20 minutes

• Visualization of a slow descent through an inner house (each room = a level of relaxation)

• Calm, slow voice with long pauses

• Ends in semi-guided silence, promoting sleep onset without reactivating the mind

Evolution Tracking & Progress Indicators

• Sleep-onset scale: rate ease of falling asleep from 1 to 5 each night

• Mental watch journal: write 3 recurring thoughts before bed → track changes over time

• Weekly auto-report: average sleep latency, quality of awakening, emotional state in the morning

• Motivational tracking: highlighting micro-progress (e.g., “You fell asleep 20 minutes faster than on Monday”)

Final Motivational Phrase

“Sleep is not something to chase… it’s inner peace that naturally invites it in. And that peace—you’re already on your way to it.”