

Client Goal Summary – Sleep Improvement

Client: Bryan **Purpose:** For reference by the hypnotist

Primary Goal

To experience consistent, restorative sleep — falling asleep easily and staying asleep through the night.

Indicators of Success

- Falls asleep easily at bedtime without effort.
 - Sleeps through the night without waking.
 - Wakes up feeling rested and refreshed.
 - Maintains steady, natural energy throughout the day.
 - Goes to bed earlier and wakes naturally.
 - No longer relies on food or caffeine to stay awake.
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Client's Language and Perspective

"I'll know when I no longer wake up in the middle of the night or have difficulty going to sleep. I'll have more energy, love to sleep, go to bed early, and enjoy sleeping in. That's a healthy me in terms of sleep hygiene. I'll have natural, steady energy and won't need coffee or food just to stay awake."

Scope and Expectations

- This is a *primary goal* centered on improving sleep continuity and ease of sleep onset.
 - Health and energy improvements are considered natural secondary effects, not treatment targets.
 - The client understands change may stabilize over several sessions, depending on approach and individual response.
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Session Guidelines

- Treat each session as **standalone** — aim for direct improvement in sleep within that session.
 - No need to coordinate with other practitioners; the goal statement remains identical for all.
 - The client will evaluate outcomes based on **sleep quality over the following nights**, not trance depth or style.
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Notes

Bryan is currently working with multiple hypnotists using this same goal statement to discover which approach best supports his sleep improvement. Please approach this as a focused, outcome-oriented session using your own preferred methods.

End of Summary