



## Sleep Disorders: Neurofeedback May Be Your Best Alternative

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Insomnia, excessive snoring, sleep deprivation, night terrors and restless leg syndrome are among the most common sleep disorders affecting millions of Americans. Anytime your quality of sleep is affected, your quality of life is affected too. Frequent waking and the inability to fall or stay asleep lead to chronic fatigue and its associated conditions, including weight gain, poor work performance, depression, compromised immunity and a host of other problems.

Many causes of sleep disorders are psychological, resulting from the brain's inability to regulate arousal. Ideally the brain is able to manage the levels of stimulation that occur in each of the phases of sleep, preventing interrupted rest. When the brain fails to self-regulate, various sleep disturbances occur.

Patients receiving neurofeedback therapy for causes other than sleep disorders often report that byproduct of their treatment is better quality sleep. This is because the main purpose of neurofeedback is to help retrain the brain to be more in control and relaxed. Targeted sleep disorder neurofeedback sessions focus on encouraging the brain to self-soothe and manage the overactive brainwave activity that leads to interrupted sleep. Depending on the specific case, several sessions of neurofeedback therapy may be all that's necessary to pinpoint the cause of sleep disturbances and retrain the brain to relax when it's supposed to. This form of treatment can last a lifetime and negate the need for expensive and often ineffective prescription medications.

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