

I am writing to tell you how Dr. Moorcroft's sleep coaching has helped me over the last four months.

My sleep disorder seems to be caused by a combination of factors: PTSD (Post Traumatic Stress Disorder), menopause, and the disorganization of my body clock from nursing and general mothering demands.

My sleep disorder has been ongoing for the last 15 years. I am now 50 years old. Anxiety is, for me, the trip-wire that sets everything into a downward spin. Therefore, if—on top of everything else—I become anxious about not being able to sleep, no matter how exhausted I am, the anxiety about not sleeping can alone cause me to lose sleep.

Enter Dr. Moorcroft. Through his coaching I learned a series of steps and methods that gave me a sense of structure within which I can relax about getting sleep. His methods allow me to feel that I am in control, able to prepare myself for relaxation and sleep. Even if I awaken during the night, I can reach into my mental list and find something to help me focus on getting back to sleep rather than on worrying about how I will function without it the next day.

Having him to talk to about sleep is in itself a relief. No one who sleeps well understands what it's like to be sleep deprived. And most people who *do* know what it's like are no help to each other because they don't know what to do about it either, resorting only to medication. Medications didn't work for me because they caused hallucinations or just didn't work at all. Also, I'm not big on drugs and wanted to find a way for my own body to function properly instead of relying on chemicals.

Having his knowledge, information and his book are a great help because understanding what's going on also removes anxiety. Sleep deprivation can cause all sorts of misunderstandings about oneself: Why is this happening to me? Do I have a brain tumor? Am I crazy? Am I being punished? ***What Is Wrong With Me?!!!***

Having understanding about how sleep works, about ways that the body's clock can be re-set, how common it is for my age group to develop sleep problems, all calms the mind and removes the guilt and panic. Learning what bad habits I had developed that interfered with sleep, and what habits to adopt instead, played a big part in re-structuring my sleep patterns. No matter where I travel or under what conditions I have to sleep, I am more apt to find ways to adapt to my environment and feel secure about the quality of my sleep, more so even than the quantity.

Another unique aspect of his approach is that it doesn't wholly depend on the cause of the sleep problem. I am able to continue doing whatever else I need to address PTSD, menopause, etc. His methods can be applied every day, every night, like an exoskeleton of support over whatever else is going on in my life.

My sleep problem has not magically disappeared and continues to be a challenge for me as I attempt to meet the challenges of the life change that is menopause and the approaching empty nest years. However, the quality of my sleep is improved 100%. The good nights now often outnumber the bad. And even when I don't get the best sleep, I am feeling better the next day, having had less anxiety about it. And it's only been four months. I believe that what I've learned from Dr. Moorcroft are life skills that will serve me all my days and will continue, with practice, to improve my sleep.

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