

In January 2014, the Center for Disease Control and Prevention released an article on their website labeling insufficient sleep a “**public health epidemic.**” Time Magazine reported in April 2012 that nearly 40 million working adults (about 1/3 of all working Americans) have sleep related problems. Americans currently spend 32 billion dollars a year buying devices and medicine to treat this problem.

**Insufficient sleep is linked to many public hazards** including events such as vehicle motor crashes and occupational-related accidents. Individuals who sleep poorly are subject to health hazards such as hypertension, obesity, and diabetes. Studies have linked poor sleep with an increased mortality rate and overall dissatisfaction with life. Children with poor sleep patterns can demonstrate poor academic progress, emotional/behavioral difficulties, and can sometimes be misdiagnosed with conditions such as ADHD and Mood Disorders.

Dysregulated brain wave patterns are often a cause of poor sleep, resulting in issues with onset insomnia (difficulties in getting to sleep), intermittent insomnia (periodic waking during the night), and terminal insomnia (early morning awakening). **Neurofeedback can help correct dysregulated brain wave patterns and restore healthy sleep.**

The positive impact of neurofeedback on sleep patterns has been documented since the 1970’s. Although results vary by neurofeedback participant, **improved sleep is typically one of the first improvements observed** with all neurofeedback participants, and can occur early in the training process.

**If it’s time for a better night’s sleep,  
contact the Ready To Focus program.**

**Call 1-800-850-0535 to schedule**

**[www.readytofocus.com](http://www.readytofocus.com)**

*Our daughter has always had a problem putting herself to sleep since infancy. As an 11-year-old, it was really affecting her daily behavior. We saw great improvements with her sleep using neurofeedback.*

Parent of child who completed Ready To Focus

*We had to sit with our daughter every single night at bedtime because she couldn’t fall asleep. By the end of training we had a different child.*

Parent of child who completed Ready To Focus

*My sleeping has improved using neurofeedback. It’s one of those things where I didn’t know I wasn’t sleeping well until I actually slept well.*

Adult who completed Ready To Focus



