

Sleep Better

Naturally enjoy a good night's rest



Wellbeing
Pathways



I'm Carol, owner of Wellbeing Pathways

Support to help you get a good night's rest

Problems sleeping can be caused by many things in life such as stress, work pressure, overthinking and even during menopause or when we experience health issues.

I am a certified and registered clinical hypnotherapist and mindfulness instructor, with additional training to support insomnia relief using hypnotherapy.

I have completed additional training which enables me to help clients deal with issues and say goodbye to insomnia.



About

Better sleep is as easy as A, B...Zzzzz

After a long, hectic day, the thought of snuggling deep into your duvet is heavenly...until you spend all night watching the clock and missing out on precious shut-eye.

The effects of prolonged sleepless nights can be much worse than an embarrassing yawn in the middle of an important work meeting. In serious cases, prolonged lack of sleep can impact your physical and mental health.

Sleep is a vital component of health and wellbeing. A lack of sleep can lead to feelings of exhaustion, poor concentration, changes in mood and increased feelings of stress.

Hypnotherapy could be the safe, effective drugfree help you are seeking to help you to sleep well naturally, to wake feeling refreshed and calm.



Services & Fees

Sleep Better options available:

Hypnotherapy Appointment £65

Sleep Better Programme £180

Individualised Sleep Better Programme providing you with practical techniques to support you to sleep better. The programme includes:

- Three personalised appointments
- Materials to support your better sleep experience
- Two Mp3 audios to enhance your positive mindset change

To support you, hypnotherapy sessions can be taken over an agreed time frame.

10% discount for NHS, Care, Emergency Services, Armed Forces apply to all sessions and packages.





Extra Info

Free Initial Consultation

To help you to decide if working together could help you, I offer a no obligation free phone call. This is a chance to explain the help you want, find out more about how we can work together and ask any questions you have.

Please contact me to book or you can do yourself [here](#).

Sleep Better for Groups

Please enquire for details.

Case study

A Sleep Better Client case study is available [here](#).

Contact Me

For further details or to make a booking:

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To visit the website:

[Wellbeing Pathways](#)

Or scan the QR code!



*Disclaimer: Results may vary from person to person.
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.*