

EmRes and Sleep

How can we use EmRes to improve sleep?

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Note

This training is intended for Emotional Resolution practitioners to help them better support clients in their sleep difficulties.

It does not replace a personalized consultation with a health professional.

This training and its contents are intended solely for the private use of registered participants.

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Biography: Sabine Camus Etienne

- Specialist in stress and sleep disorders.
- Trained in the Tipi technique in 2010, then completed the EmRes Modules and earned EmRes certification.
- Nurse (diploma from the Faculty of Medicine in Paris, 2015) specializing in the management of insomnia.
- Individual practitioner and presenter at conferences and trainings at the Somna Institute in Quebec.

Sleep Concerns Everyone!



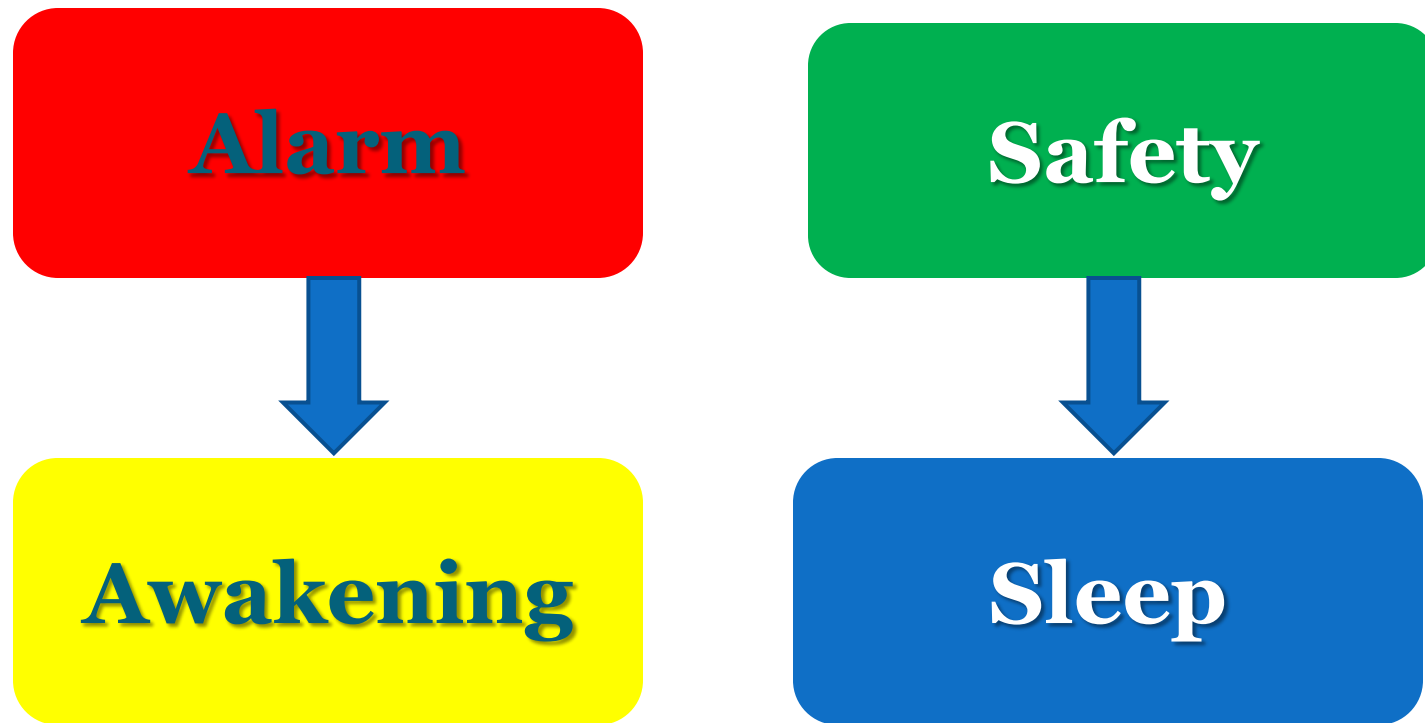
Goals...

- ✓ Discover the need for safety in order to be able to sleep.
- ✓ Understand the basic organization of sleep.
- ✓ Identify specific times when EmRes will ease or facilitate sleep.

To sleep is to stop being awake

- Sleep is a basic need.
- It is a natural physiological program, universal but not so simple!
- You cannot sleep on command: respect the organization of sleep.
- Sleep = losing consciousness, so no longer control.
- The injunction to "let go" reinforces the need for control.
- Fear of the dark, of not seeing or hearing what is happening, fear of death.
- Drifting off to sleep requires a basic sense of safety.

Need for safety to fall asleep



Conditions to sleep

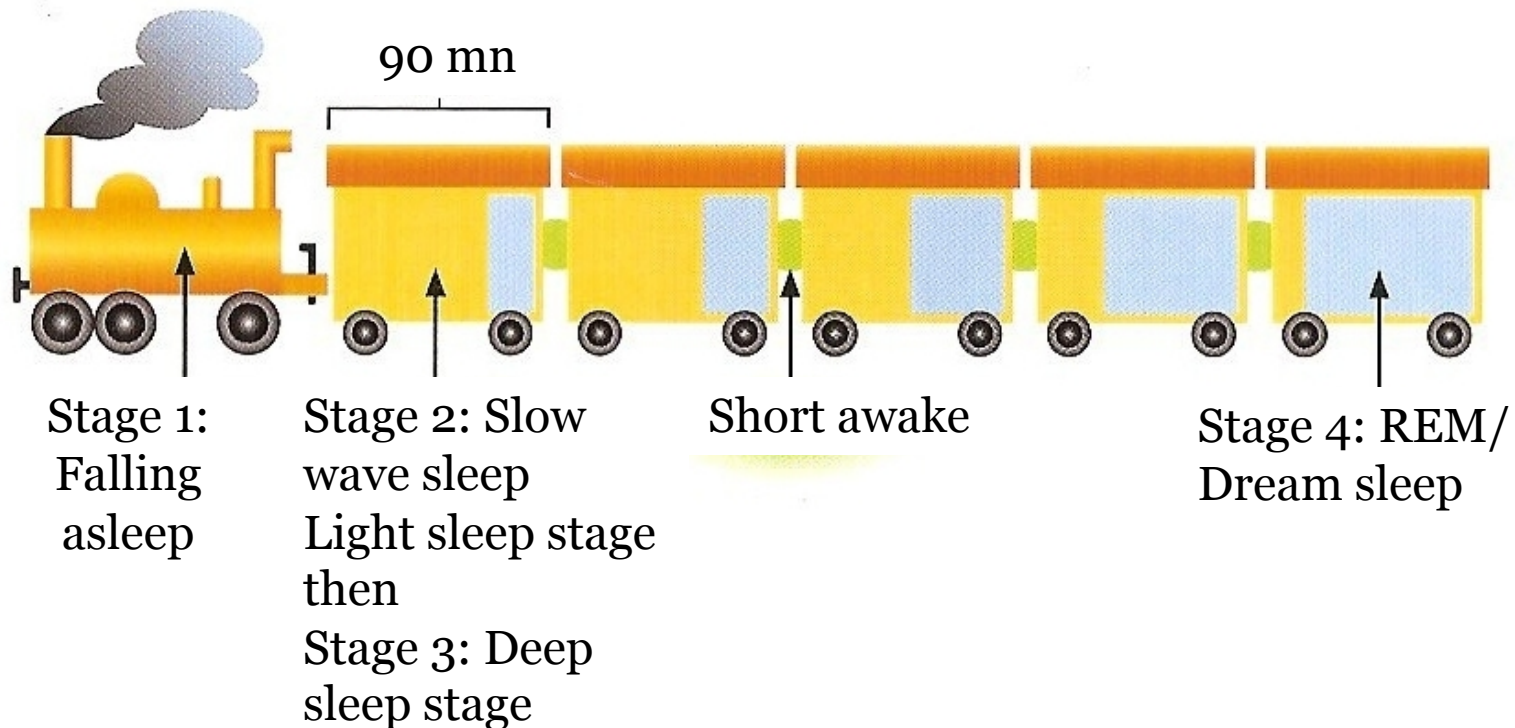
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- ✓ The body is calm, ready to sleep: Sleep organization
- ✓ The Mind is quiet (EmRes)
- ✓ Emotions soothed (EmRes)
- ✓ Safety: Alarm is Off (EmRes)

Sleep Organization

- ✓ **Respect our individual rhythms and needs: Do we naturally need more or less sleep? Are we an early bird or a night owl?**
- ✓ **Sleep pressure: avoid sleeping in and naps >20 minutes.**
- ✓ **Set your biological clock:**
 - ✓ **Expose yourself to light during the day (no screens at night)**
 - ✓ **Physical activity during the day and relaxation in the evening**
 - ✓ **Consistent schedule: get up, go to bed, eat at the same time**
 - ✓ **Social links: contacts, common activities, sharing, exchanges...**
- ✓ **Environment: silence, comfort, darkness, temperature**

The sleep train: Sleep cycles



How is EmRes effective?

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- ✓ **Live:** Pedagogy, teach your clients to be autonomous and train them to identify opportunities to use EmRes.
- ✓ **Afterwards:** Sessions, guiding clients in choosing the right moment (insomnia, rehashing of a concern, poor perception of sleep, etc.). Ask for daily situations of control, hypervigilance, without direct relation to sleep.

Difficulties falling asleep



1- The body is not ready to sleep (sleep organization)

Missed sleep train (going to bed too late), not enough sleep pressure (sleep too early), restless body (workouts late in the day), unsuitable environment (noise, heat, etc.), poorly regulated biological clock.

▶ **Adjust what interferes with sleep**

2- Restless mind: Stress of the day, anticipation of the next day...

▶ **EmRes**

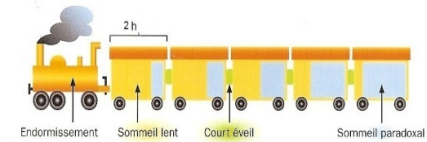
3- Conscious emotions: Fears, sadness, anger, feeling of injustice...

▶ **EmRes**

4 - Subconscious emotions: State of alert, fear of falling asleep (our alarm is on), hypervigilance...

▶ **EmRes**

Awakenings during the night



Sleep is not continuous; it is organized into cycles.

Microawakenings are a normal part of the cycle.

You are unaware of the microawakenings, unless you don't go back to sleep spontaneously!

✓ Awareness of the awakening: We go back to sleep within 15 minutes but we remember it in the morning. Sometimes felt negative: stress from a bad day and fear of sleeping badly. Vicious circle of insomnia.

▶ **EmRes** when waking in the morning if negative feeling present.

✓ If we don't go back to sleep: Mental rumination, fear of not going back to sleep... Middle of the night insomnia until the next cycle or more.

▶ **EmRes** as soon as the disturbance occurs.

✓ **EmRes** immediately deactivates the emotion linked to waking up at night and allows us to fall back asleep spontaneously. In the morning, we remember waking up during the night, but without associated emotion or bother.

Sleeping with one eye open: The watchdog!



- ✓ Waking up at the slightest noise
- ✓ Multiple awakenings through the night (on each cycle)
- ✓ Can't slip into deep sleep because you have to WATCH
- ✓ Remaining awake = resisting deep sleep because an internal alarm is active

EmRes allows you to free yourself from this alarm, to regain security. Among the sensations there will very often be emptiness, floating, fog. **Remaining in control avoids the feeling of helplessness.**

Example: burglary.



Hyper vigilance: The radar

Enemy No. 1 of sleep. Need for permanent control of situations.
Inappropriate subconscious behaviors; related to survival; the alarm is on.
1 of 4 fear behaviors: escape / attack / freeze / control.

The emotion is most often subconscious but there is a permanent state of alertness: occasional sleepless nights, no naps, resistance to insomnia CBTs, hypnotic treatments and hypnosis. (Sleep medicine ineffective in this case).

► **EmRes +++**

Very subconscious, anxious and perfectionist temperaments who need to control situations. Helps avoid feelings of helplessness.

► **EmRes on all the everyday control situations, even unrelated to sleep.**

There will be the feeling of emptiness, floating, fog because linked to helplessness.

To lose consciousness = no longer able to control = danger of death.
Insomnia is a survival mechanism, but an unsuitable one.

EmRes makes it possible to regain the security necessary to accommodate the loss of consciousness that comes with sleep . (Examples: sleepless nights the day before school starts, waking up at 4 a.m.)



Nightmares and PTSD

- ✓ All **recurring nightmares**, even if they do not feel traumatic, are worth resolving.
- ✓ ► **EmRes**
A punctual nightmare, rebalances the psyche.
EmRes will only be necessary if there is fear of doing it again and not sleeping.
- ✓ **PTSD**: An experience has been registered as a trauma, the brain does not regain its security. The event can't be "digested" and multiple everyday situations reactivate stress. The memory is obsessive during the day and causes nightmares at night. Behavior changes: withdrawal, aggressiveness, depression, disturbed sleep with hyper arousal.
► **EmRes** allows you to regain your security, the possibility of falling asleep and stopping nightmares. For trauma, **EmRes** targets the current repercussions or the nightmares, NEVER the inciting traumatic event.
- ✓ **During EmRes for nightmares or PTSD we always find the feeling of helplessness which is expressed by the sensations of emptiness, floating, fog, vertigo...**
- ✓ Examples (heart attack with loss of consciousness, rape).

Bad relationship with sleep: The vicious circle of insomnia

"I woke up again last night!" But client went back to sleep immediately.

"I really wake up too early!" But client does not actually need a lot of sleep, he goes to bed early so wakes up at 5 am in good shape.

"My day will be too hard if I don't sleep 8 hours" But client does not actually need a lot of sleep, 6.5 hours is enough for this individual.

"I can't fall asleep before midnight" But this client is naturally a night owl.

Erroneous beliefs aggravate the vicious circle of insomnia.

► **EmRes** makes it possible to break the circle: Target the moment of the unpleasant feeling (at night, when waking up, during the day, at bedtime).

Example: Emotion when waking up too early

Sleeping too much



- ✓ A less common complaint, but very disabling.
 - ✓ Sometimes dangerous: drowsiness, hypersomnia.

 - ✓ **Consider underlying sleep disorder** (Sleep Apnea, Narcolepsy)
Refer for medical evaluation.

 - ✓ **Sometimes there is an underlying emotional disturbance:**
 - ✓ Sleep as an escape
 - ✓ Boredom
 - ✓ **Often it can be the sensory imprint of an emotion**
- } **EmRes**
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- ✓ **Resolution will always entail a feeling of emptiness, floating, drifting off to sleep.** Sometimes there is only this sensation, the client has to go through it and check afterwards.

Example: Teenager who escapes in sleep during the day: just a feeling related to emotions, EmRes made it disappear completely.

The contagion of emotions

Safety



Alarm



The alarm of others is readily perceived by the individuals of a group without the need for verbal or explicit communication. This is advantageous for the group's survival.

A feeling of safety is also contagious.

► **EmRes enables you to reclaim your inner safety and, therefore, to secure those around you.**

The sleep of the little ones



- ✓ **Sleep architecture/organization** is age-based, not yet mature in babies, and must be respected.

- ✓ **DO soothe the parents' emotions!**
 - ✓ **Self-EmRes**
 - ✓ **Classic EmRes** to alleviate parent exhaustion, fear of Sudden Infant Death Syndrome (SIDS), discouragement, exasperation... **Expect clients to have a sensation of emptiness, floating, fogginess because there is a feeling of helplessness.**

EmRes is essential in all sleep difficulties. It is very effective when used at the right time!

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But it is not always enough:

The organization of sleep must be respected.

Sleep disorders should be considered. The client should be encouraged to consult a healthcare professional to rule out organic sleep disorders.

Thank you!

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Questions?