

# Outline

## Epidemic of Sleep and Dream Loss

Prevalence and trends of sleeplessness  
Night fever: insomnia, inflammation, illness  
Insomnia, anxiety, depression and PTSD  
Environmental factors: the erosion of night  
Artificial light at night (aLAN) and life pace  
Cultural resistance to rest / hyperarousal  
Insomnia as an addiction to waking consciousness  
Insomnia as a social illness

## What is Sleep? What is Dreaming?

We don't get sleep because we don't 'get' sleep  
Medicalization and domestication of sleep  
Suppression of night, darkness and melatonin  
Nature of sleep and dreams  
Deep sleep and the deep self  
Rhythmic infrastructure of everything  
Circadian rhythm & blues: sleep phase disorders  
REM sleep, dreaming and dream loss  
Traditional and spiritual views of sleep and dreams

## Insomnia: Definition, Etiology and Evaluation

Types of insomnia; sleep and dream loss  
3P model of etiology  
Lifestyle factors in sleep loss  
Iatrogenic factors: common medications and sleep  
Nature deficit disorder and sleep disruption  
Arrogance and hyperarousal  
Biomedical factors in sleep loss  
Impact of other sleep disorders  
Screen and evaluate sleep and dreams

## Management and Treatment of Insomnia

Noise Reduction Model (NRM)  
Taking vs. letting go of something to sleep  
Biomedical factors: manage 'body noise'  
Sleeping pills: a wolf in sleep's clothing  
Botanicals, nutrition, melatonin  
Nutrition and sleep  
The body in sleep: gravity & stimulus control  
The princess & the pee: what wakes us up at night?  
Environmental factors: managing 'bed noise'  
Conditioned insomnia  
Stimulus control and sleep constriction

## Psychological Factors: Manage 'Mind Noise'

CBT-I: thoughts, beliefs and meta-cognitions around sleep  
Paradox of sleep effort: the ego cannot sleep  
Sleeping together: the night side of relationships  
Sleeping in the forest – the art of sleep  
Humility as the antidote to hyperarousal  
Secondary gain of primary insomnia  
Dream work: interpretation, relation and healing  
Bad dreams, nightmares, PTSD and shadow work  
Video: sleep interview & treatment process

## Transpersonal Views

Sleep and dreams as spiritual practice  
Non-violent approach to night, sleep and dreams  
Art of spiritual surrender  
Where do you go when you go to sleep?  
Fall in love with sleep again  
The *waking dream*: re-enchanting everyday life  
The US of consciousness: sleep & dream lessons for waking  
Braid Theory: toward a unified consciousness

# Objectives

Upon completion of the workshop, participants will be able to

1. Categorize biomedical, psychological and environmental factors contributing to insomnia.
2. Utilize the basic procedures for evaluating and diagnosing insomnia evaluation.
3. Substantiate the negative consequences of long term use of sleeping pills.
4. Model sleep from both a physiological as well as phenomenological perspective.
5. Designate six factors that suppress REM sleep/dreaming.
6. Appraise the role of sleep effort in insomnia and strategies for managing it.
7. Manage insomnia using the noise reduction approach.



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# INSOMNIA

Integrative Sleep Therapy



FEATURING  
**Rubin Naiman, Ph.D.,**  
Sleep and Dream  
Specialist

**Scottsdale, AZ**  
Monday, April 23, 2018

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Sleep and Dream  
Specialist

- Evidence-based strategies for healing insomnia
- Importance of sleep in anxiety, depression and PTSD
- Revolutionary model of sleep and dreams that integrates science and spirituality
- Transformative power of dreams and dreamwork for psychotherapy

*Dr. Rubin Naiman is a pioneer in the development of integrative medicine approaches to sleep and dreams.*

– Andrew Weil, MD  
World-Renowned Leader & Pioneer in the Field of Integrative Medicine

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# INSOMNIA

## Integrative Sleep Therapy

Years ago, during my study of PTSD I became curious about my parents’ sleep and dreams. As holocaust survivors who had been severely traumatized, one would have expected their nights to be disrupted by grief, anxiety and nightmares. But my parents slept well. In fact, they slept exceptionally well without medication throughout their entire lives.

My parents’ experience taught me that sleep loss was not an inevitable consequence of stress or even trauma. And, as importantly, that sleep could confer protection against the greatest challenges life might bring. I learned that sleep wasn’t simply the reward of a healthy lifestyle—it was its foundation. My parents simply loved sleep. And, they taught me to do the same.

### Restoring healthy sleep is a CLINICAL ISSUE for most of our clients.

Although therapists routinely encounter sleeplessness in their practice, few are adequately prepared to address it. Failure to do so can impede the treatment of mood disorders, trauma, addictions, and even relationship issues.

### Restoring healthy sleep is a PERSONAL ISSUE for many psychotherapists.

I believe the unique challenges of psychotherapy place us at greater risk for sleeplessness, which that can compromise the quality of both our work and our lives.

Integrative Sleep Therapy has evolved from my personal as well as extensive clinical experience with thousands of patients over the past three decades. It is a comprehensive, multicomponent approach that integrates:

- evidence-based cognitive, behavioral and environmental strategies
- complementary and alternative health interventions
- depth psychology and spiritual guidance

This seminar presents an integrative (body-mind-spirit) treatment approach that draws on cognitive behavior therapy, natural remedies, sleep hygiene, and spiritual strategies. It also transforms our view of sleep from a medical necessity to one of life’s sustaining satisfactions.

### Register now– this is the only truly integrative sleep seminar available!

Rubin Naiman

## Speaker



**Rubin Naiman, PhD**, is a psychologist, sleep specialist and clinical assistant professor of medicine at the world-renowned University of Arizona Center for Integrative Medicine, directed by Dr. Andrew Weil. Dr. Naiman is a leader in the development of integrative approaches to sleep and dreams whose approach is now taught in dozens of medical schools around the U.S. His approach weaves medical and neuroscientific perspectives with depth psychological and transpersonal views.

Dr. Naiman is also founder and director of NewMoon Sleep, LLC, an organization that offers a range of sleep and dream related services, trainings and consultation internationally. He served as the sleep and dream consultant to at Canyon Ranch and Miraval Health Resorts for 15 years. Dr. Naiman maintains a global telehealth practice and has worked with a diverse clientele ranging from Fortune 500 CEOs to professional athletes, from homemakers to statesmen and entertainers.

Dr. Naiman is the author of several groundbreaking works on sleep, including *Healing Night*, *Healthy Sleep* (with Andrew Weil), *To Sleep Tonight*, *The Yoga of Sleep* and *Hush: A Book of Bedtime Contemplations*. His work has been featured in major magazines, newspapers, as well as on radio and television programs in the U.S and abroad. He also blogs about sleep and dreams for the *Huffington Post*.

#### Speaker Disclosure:

**Financial:** Rubin Naiman receives compensation as owner of Circadian Health Associates. He is also a consultant for Origins Natural Resources. Rubin Naiman receives a speaking honorarium from PESI, Inc.

**Non-financial:** Rubin Naiman has no relevant non-financial relationship to disclose.



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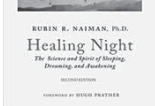
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#### The Science and Spirit of Sleeping, Dreaming, and Awakening

By Rubin Naiman, PhD **Your Speaker**



Naiman reveals how the erosion of night by artificial light and the devaluation of sleep and dreaming have led to an epidemic of sleep disorders and consequent days of chronically dazed waking consciousness. Drawing on both clinical experience and personal explorations, Naiman offers a fresh look at sleep and dreams, and provides alternative healing practices for sleep disturbances.

#### Hush

#### A Book of Bedtime Contemplations

By Rubin Naiman, PhD **Your Speaker**



*Hush* isn’t just another book of sleep tips – it’s more a book of sleep transformation. Based on an integration of sleep science and spirituality, *Hush* was written to complement medical approaches with more traditional sacred views of sleep and dreams.

#### Healthy Sleep

#### Wake Up Refreshed and Energized with Proven Practices for Optimum Sleep

By Rubin Naiman, PhD **Your Speaker** & Andrew Weil, MD



Good sleep is not just about the number of hours one spends in bed. It must also reflect the depth and quality of that sleep. With *Healthy Sleep*, two trusted medical innovators bring you their expert guidance for achieving a critical yet often overlooked building block of any healthy lifestyle: a good night’s rest.

#### Seminar & Webcast Schedule *(Times in Mountain)*

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

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**4:00** Program ends

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#### TARGET AUDIENCE:

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