

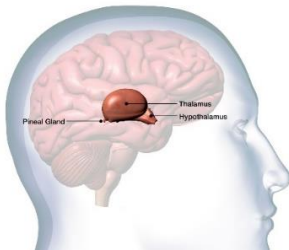
# SCENAR for Sleep Loss and Insomnia

Sleep has a significant impact on personal health. Sleep disorders - **dyssomnia** - are considered to be one of the leading medical and social problems. The balance between the duration of sleep, and wakefulness is one of the indicators of working capacity and productivity, and the sufficiency of sleep determines the ability of the individual to realize the program of the personal life.

In conventional medicine insomnia is treated the same way for each patient, which usually means prescription of the sleeping pills.

However, in Oriental medicine, insomnia is treated very individually and can have many causes:

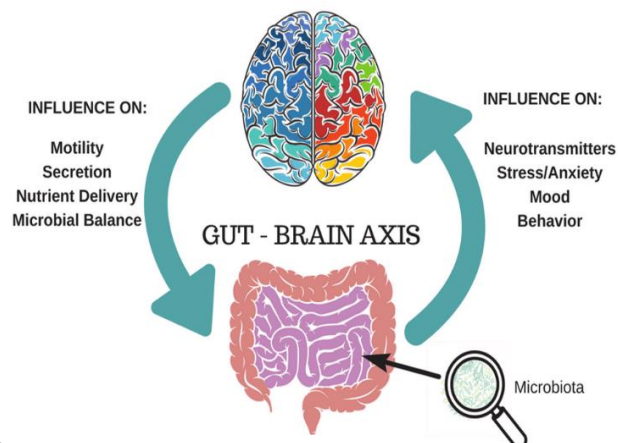
- **Too much internal heat**, your internal motor may have overheated. At night, this heat can make you feel hot and have restless sleep.
- **Bad digestion**. If you eat too late at night, overeat, or eat spicy, rich, or fatty foods, your digestive system will work late into the night.
- **Stress and strong emotions**. It's no surprise to anyone that stress can disrupt your sleep. Typically, this type of insomnia manifests itself as an inability to fall asleep when you first go to bed and your mind still goes fast.
- **Hormones**. The two most common complaints in menopausal women are interrupted sleep and night sweats.
- **Exhaustion**. You might just be too tired to sleep. It most often occurs in people who are chronically malnourished, have recently had surgery or blood loss, or suffer from adrenal fatigue or chronic disease. This kind of insomnia can also affect people who are simply tired.



Deep inside your brain sits a very small endocrine gland called the pineal gland. This tiny gland secretes the hormone melatonin.

The pineal gland and its production of melatonin are central to the circadian rhythm disorders that affect sleep. It may exacerbate insomnia in delayed sleep phase syndrome, for example.

SCENAR techniques for Abdominal Zone stimulate the production of serotonin. Serotonin is a neurotransmitter that is also synthesized in the gastrointestinal tract and at the level of the central nervous system, performs numerous functions and is involved in the regulation of important physiological processes, such as the sleep/wake cycle, hunger/satiety, intestinal motility, mood, memory and sexual desire.



Throughout life, the body has to adapt to changing environmental conditions. In addition, it is affected by internal and external destructive factors (climatic changes, viral infections, etc.).

A living organism is equipped with all recovery mechanisms to adequately respond to irritants and destructive factors and maintain the energy system in balance (homeostasis); however, the disruptive factors may be too strong and the adaptability - too low and overwhelm this energy system. The degree of health impairment depends on the severity of the disorder and the body's own regulatory ability.

**Treatment for insomnia depends on the underlying cause which is an important factor in treating it effectively; just the right treatment for you.**

Complementary therapeutic methods including SCENAR therapy try to normalize the work of all the systems in the body before starting topical treatment.

In SCENAR therapy, the human body is an important part of the healing effect. SCENAR influence is regulation, SCENAR signal is aimed at launching the self-regulation systems of the human body, and not at a one-sided external influence. SCENAR Biofeedback develops processes of adaptation and regulation in order to show the way to self-healing for a disturbed and unbalanced system and accelerate this process through targeted stimulation. If the energy system fails to develop sufficient defense mechanisms, it becomes unbalanced. By releasing blocks, self-healing can be activated and the system can be brought into balance.

**Recommended treatment:** SCENAR technique "Information and energy cleansing of the spine" in the projection zone of "Three Pathways".

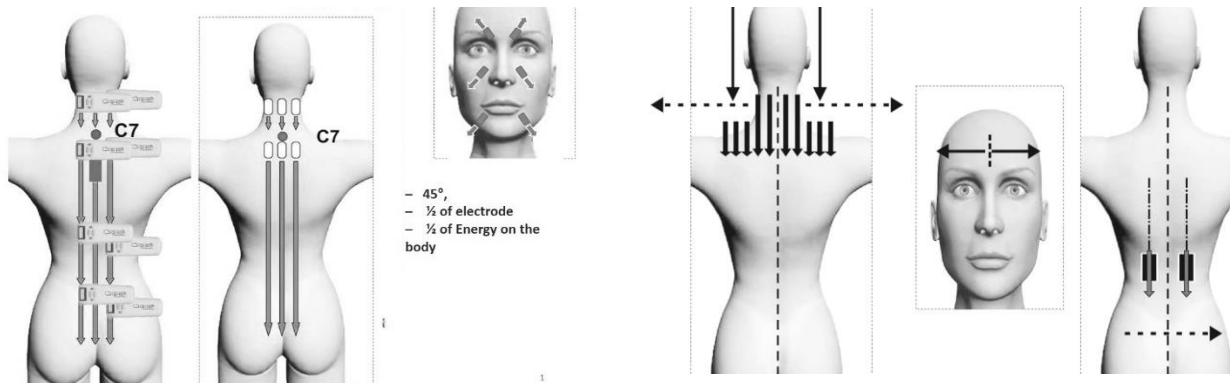
The purpose of the technique is to help the patient's body redistribute the energy supply of self-regulation processes in various pathological conditions by creating a controlled stressful situation. A steady predominance of complaints in the patient in the form of symptoms of general distress: a decrease in overall energy and a breakdown (fatigue, general weakness, malaise, and chronic fatigue syndrome), drowsiness, insomnia, irritability, long-term sub febrile temperature or hypothermia (low temperature), menopause syndrome, in practically healthy people: fatigue, sleep problems, irritation, and anxiety.



"Information and Energy Cleansing" On the Spine"

### 1 General zones:

SCENAR technique "3 Pathways 6 Points" and SCENAR technique "Collar Zone".



SCENAR technique "3 Pathways 6 Points"

SCENAR technique "Collar Zone".

SCENAR therapy, the symptoms that are currently bothering patients are important. For this reason, after treatment of General Zone, treat the zones that bother/ hurt the patient the most. A characteristic feature of SCENAR therapy is the so-called asymmetries - local changes in the treated area: "stickiness" (the electrode stops "moving over the skin", or there is a feeling of skin stickiness), a change in the color of the skin (hyperemia or pallor) or a change in the patient's sensations (painful or flaccid area); change in the sound of the device when the electrode moves over the skin (amplification or absence of sound), slight asymmetry; asymmetry with a limited surface of pronounced differences. These are symptoms to which special attention should be paid when performing additional treatment at the places of their manifestation.

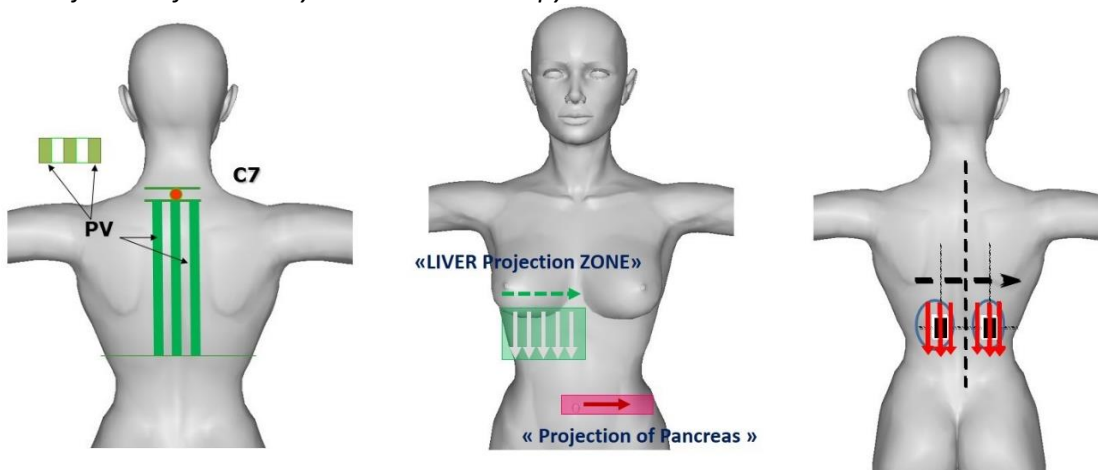
**2. Additional treatment zones:**

*"Pirogov's ring" ("Immune Ring Around The Neck").*

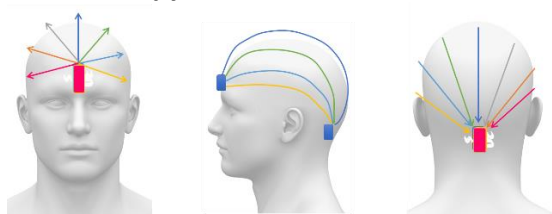
*Projection of the thoracic spine and paravertebral at this level.*

*Anterior projection of the liver. Anterior projection of the pancreas (epigastric zone).*

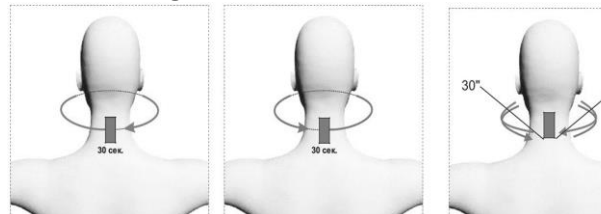
*Projection of the kidneys and Craniotherapy.*



**Craniotherapy.**



**"Immune Ring Around The Neck"**



Most people report an improvement in sleep after treatment with SCENAR. Stable sleep quality and good mood in the morning are indications for discontinuation of treatment.

If the patient has just a slight loss of sleep or a purely physical problem with sleep, then a short course of SCENAR treatment should be enough to get significant changes.

If the patient has also severe anxiety and insomnia, you can use SCENAR as part of a stress relief and sleep modification program.

Whichever level you choose, the overall energy and well-being will improve.

Clinical systemic effects of SCENAR therapy, such as general regulatory, sanogenesis with activation of antioxidant systems, allow SCENAR therapy to have no negative side effects.

The effectiveness of SCENAR was shown in comparison with complex therapy for chronic insomnia in emergency doctors.

Studies have shown that SCENAR therapy, on one hand, is not inferior to drugs, and on the other hand, it helps to reduce the clinical manifestations of an irritated heart.

Sanogenetic effects are due to the anti-radical effect of SCENAR-Therapy (limitation of the formation of reactive oxygen species).

The anti-radical effect of SCENAR therapy is universal for various pathological processes.

\*\*\*Insomnia caused by certain present pain, eg. Gangrene, pain syndrome, systemic disorders considers a completely different approach to SCENAR procedures. Find out if the patient has any other types of pain/pain. Further treatment should be adjusted depending on the main/ most severe complaint.

Please ensure that the patient avoids any physical activity after these procedures.

#### REFERENCE LIST

1. SCENAR Therapy of Chronic Insomnia and Neurocirculatory Asthenia in Emergency Doctors  
Nondrug medicine: theoretical and practical journal, No1, 2007