

Client: NM | Proposed # of Sessions: 5

Planned time per session: 60 - 75 minutes

Presenting Problem – 37-year-old woman with chronic stress and Idiopathic Hypersomnia (IH) – diagnosed three years ago after suffering from insomnia since her teens. She has Degenerative Disc Disease (DDD) L4 & L5 and L5-S1, which blocks sensation in her feet. Related pain located in right shoulder and left ankle with tight lower back. She's currently under care of a primary care doctor and PT. Will soon see an endocrinologist for support related to IH and weight issue.

Client Goals – The client's primary goals are to 'be my best self' and establish an 'outlet for stress'.

Physical / Energetic Kosha –

Client is driven, relentlessly striving to be her 'best self' – goes non-stop. She has an established Hatha Yoga practice and enjoys Yin Yoga. Recently tried Sound Healing – loves it.

JAPA Warm-up Series – for joint mobility, body awareness and relaxation. In addition, take time to focus on gently bringing mobility and touch to jaw, where she holds tension.

Asanas – Cat/Cow, Down Dog, Cobra (3), Sphinx, Child's Pose, Apanasana for lower back | Reclining pigeon for tight hips – extended hold (Yin), Happy Baby, Reclining Spinal Twist

Yoga Nidra – body awareness and deep relaxation

Subsequent session

Restorative Yoga for lower back and hip mobility and relaxation | 3 postures – 5 to 7 min each

Resting Butterfly – to open hips & groin, cultivate breath awareness and counteract slumped posture

Supported Child's Pose – to create flexibility in lower back and hips, counteract insomnia

Supported Final Relaxation Pose – to calm NS and rest internal organs

Pranayama –

3-Part Breath – for body connection and Relaxation Response – she can practice in bed, when she wakes up in middle of night – self-soothing and shifts attention away from her racing mind

Skull-Shining Breath – an energizing practice to support her during the day when she's drowsy

Emotional / Mental –

A brief discussion regarding the Gunas to cultivate awareness of her Witness. Practice 'pausing' initially upon awakening and at bedtime, note her state of being – Rajasic, Sattvic or Tamasic. She can take a deep breath and label her current state with Santosha (e.g., OK. I'm pretty amped about ...).

Spiritual Orientation –

Client has no spiritual practice. I believe Lovingkindness Meditation will be beneficial to her, especially with her non-stop lifestyle.

Scientific Research –

[Idiopathic Hypersomnia](#) – Sleep Med Review

Idiopathic Hypersomnia (IH) is a relatively rare and recently identified sleep disorder. There are two types: IH with long sleep times and IH with short sleep times. This condition is currently treated primarily by medication. There are no available studies or research articles on either PubMed or Google Scholar related to IH, mindfulness or CBT. There are a number of studies related to Yoga benefiting those with other sleep disorders, which typically presents as insomnia.

From a yogic lens, the inability to sleep is typically caused by an energetic imbalance. As such, I've offered some practices to support client to activate Relaxation Response and calm her nervous system. In addition mindfulness practices are intended to ground her when she's sleepy and Skull-shining Breath to help her feel energized when she's feeling drowsy.

Wisdom Research –

Raja Yoga – Niyama Santosha – discuss teaching of Acceptance / Contentment. We had brief discussion about her constant striving and drive to be her best. I asked what's enough? She didn't know. Santosha can support her to accept and appreciate the present moment - realizing that it's complete in and of itself. It can also cultivate mindfulness and possibly gratitude as she moves through her day.

The Yamas & Niyamas by Deborah Adele

Lifestyle Practice –

Mobile Journaling – To explore the principle of Santosha, a home practice of self-appreciation and acknowledgement. Create a journal on her cell phone. List one thing she's done well or that she appreciates about herself minimum of 3 times per week. Over time, take time to review and reflect on all that she does and how this awareness makes her feel.