

Neurofeedback for better sleep!

Neurofeedback is a non invasive, effective way to regulate aspects of the brain associated with good quality sleep, it's like fitness training for the brain and nervous system as it strengthens brainwave patterns to optimize calm and restorative sleep.

Neurofeedback retrains your brain to release old, stuck patterns and perform with more stability, flexibility and focus.

Neurofeedback helps . . .

- Brain fog
- Falling Asleep
- Staying Asleep
- Quality of Sleep
- Waking Refreshed
- Anxiety
- Consistency of good sleep
- Restless legs
- Poor Memory
- Fatigue
- Stress Management
- Difficulty concentrating

Call now for a free
15 minute evaluation!

Gift certificates available

Testimonials

"I used to have anxiety about falling asleep, which kept me awake for hours tossing and turning. After neurofeedback, I fall asleep quickly, and wake refreshed. No meds required! Game changer. Thank you!"

Jason B. Seattle, WA

Physician Approved

"In my opinion, if any medication had demonstrated such a wide spectrum of efficacy as neurofeedback it would be universally accepted and widely used."

Professor Frank H. Duffy, MD
Neurologist, Harvard Medical School



RESTORATIVE THERAPEUTICS

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www.RTBham.com

Neurofeedback for INSOMNIA

SLEEP DISORDERS

BRAIN FOG

RESTLESS LEGS



Feeling fatigued, irritable, teary
or experiencing brain fog?

Poor sleep leads to overwhelm,
concentration problems and
relationship troubles.

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Neurofeedback is a state-of-the-art approach to optimizing brain function that improves sleep, mood and focus.

- **Quiets the chaotic mind**
- **Increases quality and ease of sleep**
- **Is effortless and effective**
- **Drug-free and no side-effects**



Photo by Bruce Mars @ Unsplash.com

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Sleep deprivation and disorders steal joy, disrupt productivity and may make life feel like you're pushing a piano uphill.

Neurofeedback optimizes unstable brainwave patterns to promote better sleep.

Switch off the world and easily fall asleep, effortlessly stay soundly asleep, wake refreshed to allow the best version of yourself to shine through.

Try NeuroFeedback for:

Insomnia

Anxiety

Headaches

Depression

Concussion

...and discover more confidence, calm, focus and ease.

**Train Your Brain.
Claim your Excellence.**

Brain training with neurofeedback results in:

Improved sleep

Better mood

Less worry (less whining in kids)

General well-being instead of general anxiety

Neurofeedback enhances your ability to interact with life in more adaptive ways.

Carolyn Hallett JD, CCH



Carolyn is a Board Certified Homeopath and Neurofeedback practitioner. She has been in practice since 1999 - sharing her love of natural therapies that work.