

Subject: Sleep-onset insomnia (9-11 pm) – often hormonal disorders

Case study

A 48-year-old woman began to struggle with sleep-onset insomnia, finding herself unable to fall asleep between 9 and 11 pm for several months. These difficulties coincided with the onset of perimenopausal symptoms, including hot flashes and mood fluctuations. Her conventional medical evaluations revealed no acute illnesses, and she was prescribed gentle hormone therapy and recommended a consistent bedtime routine, but her nights remained restless.

Seeking further relief, she explored bioresonance therapy. An energetic assessment was conducted, revealing energy disturbances associated with hormonal regulation. The practitioner explained that “disturbance in the cellular frequencies can lead to health consequences” and emphasized the importance of “restoring overall energy balance with bioresonance therapy.” Over a series of weekly sessions, her individualized plan focused on harmonizing the frequencies of her endocrine system to support sleep onset. While she continued her prescribed medications, she reported improvements in falling asleep and a sense of overall well-being, demonstrating how an integrative approach can enhance quality of life without replacing medical care.

Bioresonance treatment program:

| 55.10 Sleep-onset insomnia (9-11 pm) – often hormonal disorders | Time |
|--|-------------|
| 00.00 Analysis preparation..... | 5 min |
| 01.00 Vitalisation complete | 5 min |
| 02.21 Sanjiao meridian..... | 5 min |
| 31.10 ATP production complete..... | 5 min |
| 35.10 Raising the defence capacity, basic program..... | 5 min |
| 70.10 Nervous system | 10 min |
| 54.00 Nervous system physiology complete | 5 min |

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| 55.10 Sleep-onset insomnia (9-11 pm) – often hormonal disorders | 5 min |
| 64.11 Sleeping-waking-centre | 5 min |
| 65.30 Hypothalamus | 5 min |
| 72.00 Psyche | 5 min |
| 75.10 Stress reduction..... | 5 min |
| 31.50 Basic detoxification program | 5 min |
| 01.00 Vitalisation complete | 5 min |