

Subject: Sleep-maintenance insomnia time 1 (11 pm - 01 am early waking)

Case study

A 46-year-old schoolteacher began experiencing persistent sleep-maintenance insomnia, frequently waking between 11 pm and 1 am for extended periods. She described early waking, racing thoughts, and fatigue despite following conventional sleep hygiene and using physician-recommended sleep aids. Her medical history included mild anxiety, managed with cognitive behavioral therapy and occasional low-dose medication.

Seeking a more holistic perspective, she underwent bioresonance analysis, which assessed her body's energetic fields and identified patterns associated with energy imbalance and cellular stress. Her treatment plan focused on harmonizing cell frequencies, aiming to restore overall energy balance alongside her ongoing therapies. The sessions were weekly and non-invasive, emphasizing cause-oriented, energy-based insights. Over several weeks, the patient reported fewer early night awakenings and improved daytime vitality. She continued her standard medical care, finding that the combined approach fostered a renewed sense of well-being and resilience.

Bioresonance treatment program:

55.20 Sleep-maintenance insomnia time 1 (11 pm - 01 am early waking)	Time
00.00 Analysis preparation	5 min
01.00 Vitalisation complete	5 min
02.22 Gallbladder meridian.....	5 min
31.10 ATP production complete.....	5 min
35.10 Raising the defence capacity, basic program.....	5 min
70.20 Liver, gall, pancreas.....	10 min
48.20 Gall complete	5 min
54.00 Nervous system physiology complete	5 min

55.20 Sleep-maintenance insomnia time 1 (11pm-01am early waking)	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