

Subject: Difficulty in staying asleep time 2 (01 - 03h premature waking)

Case study

A 57-year-old accountant struggled with frequent premature waking between 1 and 3 A.M. for over two years, despite sleep hygiene efforts and prescribed medications. She reported that this disrupted her quality of life, leaving her fatigued and irritable during the day. While her primary care physician found no major underlying medical issues, she continued to seek support for restorative sleep.

After consulting an integrative health clinic, an assessment of her body's energy fields using bioresonance analysis was performed. Testing revealed an energy deficit, particularly in meridian pathways linked to sleep regulation. Her personalized plan involved weekly bioresonance therapy aimed at harmonizing cell frequencies and restoring energetic balance. Over the course of several sessions, she noticed a gradual improvement—noting fewer awakenings and better overall rest. While not a cure, bioresonance complemented her existing regimen and promoted energy balance, contributing to restored well-being and daytime resilience.

Bioresonance treatment program:

55.21 Difficulty in staying asleep time 2 (01 - 03h premature waking)	Time
00.00 Analysis preparation	5 min
01.00 Vitalisation complete	5 min
02.19 Liver 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
48.10 Liver complete	5 min
54.00 Nervous system physiology complete	5 min

55.21 Difficulty in staying asleep time 2 (01 - 03h premature 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