

## Subject: Difficulty in staying asleep time 3 (03 - 05h premature waking)

### Case study

A 46-year-old woman sought help for persistent premature waking between 3:00 and 5:00 AM that left her fatigued and anxious during the day. Despite practicing good sleep hygiene and taking mild sleep aids recommended by her physician, she continued to wake before dawn and was unable to return to sleep. Routine lab tests and an evaluation for underlying medical conditions were unremarkable. She reported added work-related stress over the past year and had tried mindfulness-based approaches with limited benefit.

She was introduced to bioresonance therapy to explore potential disturbances in her body's energy balance. Bioresonance analysis revealed subtle disturbances in her energetic fields, possibly related to chronic stress. Treatment focused on "harmonizing energetic balance of the body" and "restoring overall energy balance with bioresonance therapy." Over several weekly sessions, she noted incrementally improved sleep duration, with less frequent early waking and a greater sense of morning refreshment. She observed that "energy balance ensures the functioning of your body at its best." After a month, her episodes of premature waking became less prominent, and her daytime well-being improved. The therapy was adjunctive to her ongoing conventional care and her physician was informed of progress.

### Bioresonance treatment program:

<b>55.22 Difficulty in staying asleep time 3 (03 - 05h premature waking)</b>	<b>Time</b>
00.00 Analysis preparation	5 min
01.00 Vitalisation complete	5 min
02.11 Lung meridian	5 min
31.10 ATP production complete	5 min
35.10 Raising the defence capacity, basic program	5 min
70.17 Lung system	10 min

42.70 Lung complete.....	5 min
54.00 Nervous system physiology complete .....	5 min
55.22 Difficulty in staying asleep time 3 (03 - 05h 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