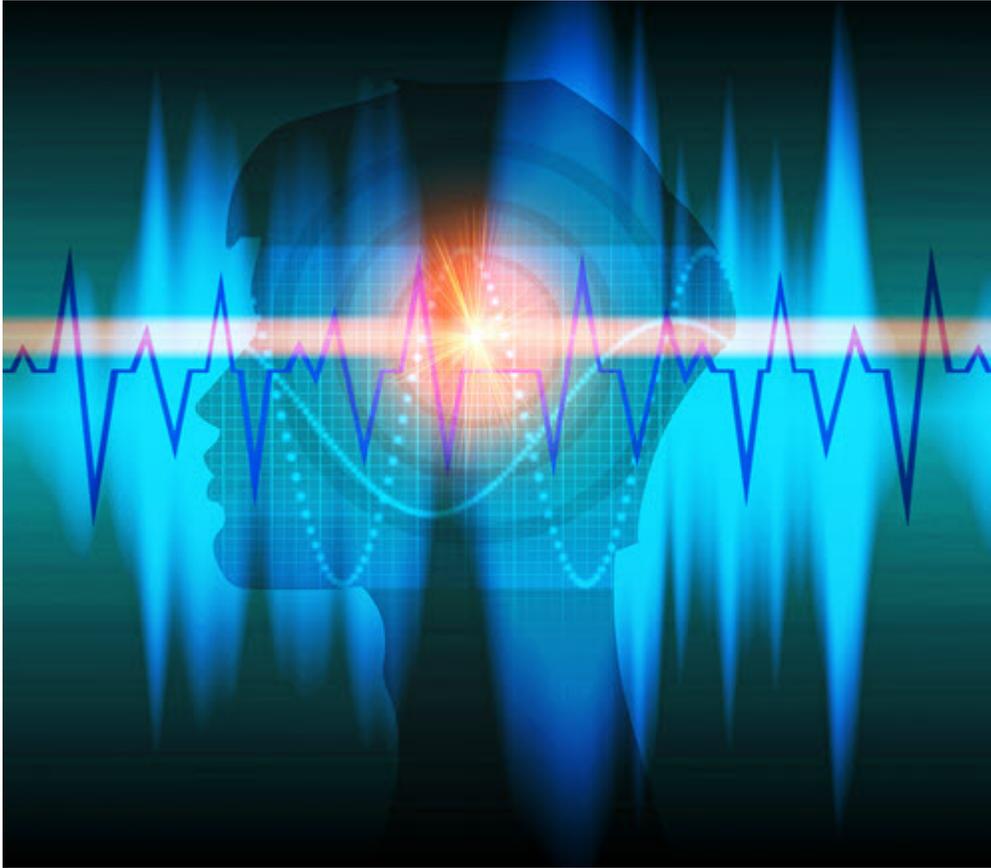


# Greenville Brain Training Reveals How Neurofeedback Can Be Used for Insomnia Treatment

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Greenville Brain Training, based in Greenville, South Carolina, has revealed that neurofeedback training can be used to treat insomnia. People suffering from insomnia often lay awake at bedtime or find themselves waking up in the middle of the night and unable to get back to sleep again. Those with insomnia need to find a solution for their problem because sleep deprivation often leads to various health problems like depression, weight gain, and all kinds of illnesses. When looking for an effective [insomnia treatment Greenville SC](#) residents can depend on the neurofeedback training offered by Greenville Brain Training.

Dr. JoJo Yonce from Greenville Brain Training says, “If you suffer from insomnia, chances are this isn’t the first place you’ve come to for help. And you’re probably feeling frustrated and hopeless. Greenville Brain Training is different. Your initial Brain Map will show us any dysregulated areas of your brain that correlate to insomnia, and using a customized protocol, we can correct the dysregulation there. Falling asleep and staying asleep is clearly the job of the brain. Neurofeedback is a powerful tool for helping people do just that.”

Neurofeedback involves putting sensors on the scalp to measure the patient's brain waves and monitor changes. While it may seem to a complex process, it can be as easy as watching a movie. Neurofeedback actually functions as an “exercise for the brain.” It makes use of operant conditioning to strengthen certain parts of the brain. Patients will simply need to sit back, relax, and watch a movie of their choice. Changes in the patients’ brain waves are provided to them in the form of visual and auditory signals. For instance, if the brain waves are firing at a rate that is too slow, the movie will become dimmer and the volume will decrease. In time, the brain is able to realize that feedback is being provided and will make the necessary adjustments so that the brightness of the movie is brought back to normal and so will the volume of the sound.

A standard Greenville Brain Training session will usually last for 50 to 60 minutes. It consists of a 30 minute neurofeedback session and some time is spent beforehand to integrate certain therapies to help relax the brain and prepare it for the neurofeedback session.



It should be noted that if left untreated, insomnia may lead to depression. Fortunately, neurofeedback training can also be used as anxiety and [depression therapy](#). Anxiety and depression have been found in research studies to be linked to a specific brain wave dysregulation in a certain area of the brain. Correcting this imbalance through neurofeedback training allows the brain to function better in receiving and processing serotonin, which is the neurotransmitter that has been found to be at low levels in people with anxiety or depression. Once the said imbalance has been corrected, patients will start feeling better, making them motivated to exercise, meditate, eat healthy food, and sleep well, resulting in a healthier body.

Before neurofeedback training sessions are conducted, they will first perform a brain map, which is known as a quantitative electroencephalograph. This is a non-invasive and painless functional test that scans 19 areas of the brain to find out if there are areas that could be working better. After identifying which areas of the brain can be helped with neurofeedback training, sessions are scheduled with the goal of getting rid of dysregulated brain wave patterns, which often results in decreasing or totally eliminating the symptoms naturally. Patients who are taking medications may continue with their medications while they are undergoing neurofeedback training. The medications can help in controlling the symptoms while the brain waves are still being corrected. Patients are actually advised to discuss with their prescribing physician about reducing their dosages once they start improving.

Those who are interested in knowing more about how neurofeedback training can help with insomnia and depression, can visit their website or contact them on the telephone or through email. They can also get updated by following the [Greenville Brain Training Facebook](#) page.

<https://www.youtube.com/watch?v=4kdi4HEgwpl>

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