

## CRE - Creative Relaxation Exercise

### SLEEPING ON AIRLINES AND IN TRAVEL HOTELS

Version 10 - February 2004

#### A Gentle Therapy for Improved

Sleeping, Relaxation and Freedom from Jet-lag and Stress

#### BRIEF EXPLANATION FOR AIRLINE PASSENGERS AND HOTEL GUESTS AND A LISTING OF SOME RELEVANT RESEARCH

1. The CRE is a 25 minute audio tape in the local language, music and culture, which is designed as a morale builder and sustainer, which reduces the stress of jet-lag, as it enhances relaxation, peaceful sleeping and self-esteem.
2. The CRE 25 minute audio tape can be suggested to clients as a "useful relaxation exercise for sleeping to reduce the stress of changing time zones". The effects can be enhanced when clients are encouraged to use very freely, the supply of fresh water provided on the plane ... very important!.
3. General research into airline client morale, indicates a high level of jet-lag stress at both a conscious and unconscious level, which makes peaceful sleeping difficult, without alcohol or medication. Thus any new measure that enhances client relaxation and sleeping with simple technology, merits serious consideration for testing. The audio text of the tape may be easily customised to fit local accents, terminology, values, conditions etc. using local staff.
4. The CRE audio tape uses controlled relaxation to focus on a confident motivation for the client to have strong expectations ... of achieving a very personal goal ... of long-lasting sleep and relaxation ... without jet-lag reactions.
5. The CRE requires minimal staff instruction. It is easy to use and simple to explain. It is a low-cost low technology audio tape. It can use a background of local cultural music and sounds. It has no harmful side effects, and can be customised to be suitable for internal radio or TV transmission in each airline and flight with particular client groups.
6. Finally CRE seeks to use local, language, traditions, beliefs and customs to enhance peaceful natural sleeping by reducing anxiety and improving self-esteem; it continually reinforces the expectation of awakening refreshed, feeling very well without jet-lag and with the energy to enjoy the new day. What more could the client expect of a good airline ... that cares ...
7. Aircrew may use CRE for peaceful sleeping to reduce jet-lag ... for periods of 1-8 hours ... with or without interruptions ...either in flight or later in the hotel with other guests.

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CRE - TEXT - SLEEPING

Dr. Steven Gurgevich

Creative Relaxation Exercise - Use the 25 minute audio tape to encourage easy sleeping ... with the minimum of stress and without jetlag ... may be on diskette or on the internal radio system. Easily customised as needed.....

Travelling can be tiring ... and travelling can be restful ...right now ... this can be a very restful experience...letting your body rest so comfortably during the flying time ...until you arrive ...at your destination...

You don't have any work to do just now ... you don't have to drive a car ...you don't have to fly the airplane ... you let the pilot and crew ... fly the airplane... they are well trained ... and have much experience...they have your consent ... to attend ... to the flying of the airplane ...as you attend ... to relaxing...

Right now ...settle into your chair ...and with your eyes closed ... listen to the sounds around you ...you those sounds as ...background sounds ...give them your permission ... to be there ... feel the movement of the airplane ...feel the position and movements ... to relax more deeply... let the airplane move ... let your body relax ...into her motions as you relax more deeply...and more easily into your chair...

Let go ... let go of any tension ... by first giving your body permission ... to relax deeply and comfortably ...let go of tension in your body ... survey your body ...and find places ... that are tight or tense...so now let your body ...breathe you ...regularly and deeply into comfortable rest ...for with each breath in ... your body gathers up ... some of the tension ... and with each breath out ... your body releases the tension ...letting go of a breath is easy ... taking breath is easy ... and it is automatic ... and now your body is breathing you ... more deeply and more restfully ... into a comfortable relaxation ... You may even let yourself enter into ... a very pleasant and restful sleep ...and sometimes ... you can enter a light sleep ... that becomes ...a deep restful sleep ... and sometimes ... you can sleep deeply ... and know ... that you are sleeping deeply ...and sometimes you flow ... in and out .... of a wonderfully pleasant sleep ...

... you don't have to try to relax ... you don't have to try ... to sleep ...you make this happen ... by letting it happen ...this is wonderful time ... to let your travel... become more restful ...this is the time ... that you have all to yourself ... this is ... your time ...this is yours ... and you make it happen ... by letting it happen ... you can use the sounds around you etc. etc.... text available on request ...

You closed your eyes ... to let yourself ... feel more ... comfortable within ...and to keep out ... visual distractions ... and you can use the sounds around you ... and the sensations around you ... giving them your permission to be background ... as you relax ... deeply ... as you sleep ... restfully ...

You can use my voice ... and you can take my voice with you .. as a background for ... suggestions ... that you use ... in relaxing comfortably ... within yourself ... there is no hurry now ... there is no worry now ... right now ... there is time ... to rest ... right now ... there is time ... to sleep ...there is also time to imagine ... wonderful and comfortable experiences ...and you can use your imagination to be ... where-ever you choose ... you can create a place that is familiar ... a happy ... pleasant ... familiar place ... that is restful ...

It can be a place that you already know ... or it can be a place ... that you create entirely in your imagination ... that has everything you need ... to feel so restful ... and at ease ... it is your imagination ... and you ... are in control ... you can have everything as you would like it ... you can have everything as you want it ... and if something ... in your imagination ... is not to your liking ... you can change it ... you can cancel a thought ... and replace it ... with something more comfortable ...

So let your imagination ... work for you now ... use your imagination ... and ... be there now ... be in a place ... where you are so comfortable... so peaceful ... so much at ease ...be there now ... enjoying the colours ... the seasons ... the time of day ... the lights .. the sounds ... the smells ... the tastes ... the feelings of being there ... be there now ... putting together ..what you would

experience ... being there ... and make this a comfortable ... as you like ... for you ... are in control ...

Sometimes you will notice ... that you haven't been noticing ... the things around you ... like the sounds around you ... sometimes you notice them ... and sometimes ... you notice .. that you haven't been noticing them ...and that can be peaceful ... in dozing in and out ... and each time you let yourself relax into your thoughts ... you go more deeply ... and comfortably ... within yourself ... to that very peaceful place within you ... deeper and deeper ... into a wonderful restful experience ...sometimes ... going into a deep and restful sleep ...relaxing body and mind ... feeling so comfortable ... so peaceful ...

Your body hears everything you hear ... everything you think .. and everything you say ... your body is also available ... to use your imagination ... you can allow your body ... to use ... all of the thoughts and imagination .....as suggestions ... you can use my words ... or phrases ... as suggestions .... that are comfortable for you ... your body has the ability to relax deeply ... you don't have to think ... that you are good or bad at relaxing ... your body has its own ability ... available now ... to comfortably settle into the chair ... to use all of the motions and sounds of the airplane ...letting your head relax ... allowing the muscles that cover your head ... to relax loosely ...comfortably ... your facial muscles ... relax smoothly and softly ...

Your face is relaxing ... your forehead smooth ... comfortable... your eyes comfortably soft and at ease ... resting peacefully ... the powerful muscles in your jaw that chew ... have nothing to do ... and your jaw relaxes ...easily ... comfortably ...

Sooner or later you discover ...how softly ... facial muscles are relaxing ... they have been busy working ... smiling ... frowning ... blinking ... chewing ... gesturing ... and right now ... you give them ... your permission ... to relax softly ... your jaw relaxes ... and neck begins to relax .. and shoulders join the neck in relaxing ...

Your neck and shoulders ... work to carry the weight of your head ... and right now ... you can allow the chair or the pillow ... to hold he weight of your head ...as neck and shoulder muscles now relax ... comfortably ... that relaxation flows ... to your arms ... and your arms become more relaxed... sometimes a heaviness or lightness ... flows into your arms ... all the way into you hands and fingers ...

Sometimes they become so relaxed ... you don't even want to move them ... and you can let them rest ...you can permit them to rest as comfortably ... and as deeply as you like ... and that permits you ... to continue your relaxation ... within ... your back relaxes ... and the muscles of your back ... the muscles that work to balance you ... and walk you ... you can use this time to let them rest so deeply ...letting the chair hold all of your weight ...as your waist and legs ... relax more completely ... and it does not matter ... which foot goes to sleep first... both feet and legs ... may have your permission to sleep deeply ... resting so comfortably and so easily ... you don't even have to move them ...

This is a wonderful time ... to enjoy a restful experience ... a wonderful experience to enjoy a restful time ... you are teaching your body ... to rest ... as you travel ... and you are doing this well ... you are training ... conditioning ... your body ... to rest ... you are doing this ... now ... and your body remembers ... what it is learning ... using its ability to sleep ... at a time ... you give it permission ... to rest so comfortably ...

Everything you need to do ... is within you now ... everything you need ... to do this relaxation ... is within you ... and you are doing well ... you are doing very well ... feeling at ease ... feeling at peace ... relaxed and at ease ... giving yourself permission .... to enjoy this restful time ... that you are granting to yourself ...that's right ... that's right ... letting go ... and enjoying a wonderful relaxing ... sleep ... you are doing well ... you are doing very well... and whenever you want to ... or choose to ... you can relax ... you can remember ... some of the feelings that you have now ... and your body remembers ... what to do next ...and it fulfils that relaxation need ... automatically ...

Your body is learning... to relax in association with this travel ... and the airplane is helping you relax .... with movements and with sounds ... while you turn your attention inward ... to that place ... that feeling of a place within you ... where you are at ease ... when you are at peace ... where you feel well ... and it feels so good to sleep restfully ... a restful sleep ....

...that refreshes you ... and reinforces you ... right now ... let go .... letting go ... tension is released ... and washed away ... tension is rinsed away ... your body is relaxing and you ... are relaxed ... and at peace ... that's right ... and at the time for you to awaken ...you will enjoy a wonderful feeling of refreshment ... a refreshing feeling ... that you take with you ...

In your sleep ... you can dream ... in dreams ... you can enjoy many activities ... and have many experiences that please you ... and when you awaken ... you can remember ... or forget ... the dream ... you have experienced that before ... and your body remembers ... how to sleep ... and it can now remember ... how to sleep very restfully ... on an airplane ...

You are doing well ... you are doing very well ... your body enjoys each opportunity to rest ... so peacefully ... you enjoy the rest and sleep ... so comfortably ... and sooner or later you hear yourself ... telling others ... how easily to sleep on the airplane ... with my voice and this message ... using the travel time ... for a wonderfully restful experience ... arriving at your destination ... feeling refreshed ... with so much energy ... feeling so good ...

Allow yourself ... permit yourself ... to enjoy what you are doing now ... for you are training body and mind ... to use your own natural abilities ... of rest and sleep ... and you are associating them ... with travelling on an airplane ... and making use of all of the sensations ... to feel comfortably and deeply ... into yourself .... going into that place within you ... where you are relaxed ... where you are at peace ... where you are calm and at ease ...

You are doing well.. and this all belongs to you ... your body knows ...how to sleep ... and you know how to give your body permission ... to rest ... you can also give your permission ...for the airplane.. to fly through the air ...as you travel ... so well ... as you travel and rest ... so well ...you are doing well ... you are doing very well ... training ... and conditioning ... your body ...to rest ... to sleep as you travel ... and this becomes easier ... and easier ...and easier ... with experience ... letting go ... allowing tension to be released ... allowing muscles to relax ... allowing thoughts and ideas ... to be at peace ... allowing thoughts and ideas ... to slow down ...allowing your self to be at peace ...

And you can doze in ... or doze out ... you can notice ..that sometimes ... you are not noticing things around you ... and they can be reminders .. of how well you are doing ... permitting you to return more deeply and comfortably ...into very restful sleep ... you are using your time well ... allowing body to rest comfortably ... allowing mind to rest ... peacefully ....

You are doing very well ... your imagination is always available to you ... for ideas and thoughts and images ... sounds ...smells... tastes,.. feelings ... that let you have wonderful experiences ... do whatever you want to ... or whatever you choose ...

You can use the airplane ... use your travel ...use everything that you have within you ... now ... that is so naturally available ... now ... to let you rest comfortably and deeply ...permitting you to sleep ...as you permit yourself ... to use this time ... you make this travel restful ... you enjoy all the credit ... for teaching and training your body and mind ... to use this travel time ... as a restful experience ... and it always feels good ... as you gather greater achievement and skills ... for yourself ... in these natural abilities in the body ... to rest ... and sleep ...are now available to you ... as you give your permission ... your consent ... to relax so deeply ... so comfortably ... permitting yourself ... to rest so well ...

You may doze into a wonderful restful sleep ... and enjoy that restful sleep ... you are doing well ... this belongs to you ... your shoulders are relaxed ... your arms are relaxed ... you give your body permission to sleep ... restfully and peacefully ... letting go ... letting go ... you are doing well ... and you can enjoy discovering ... how much refreshment ... how much comforting refreshment ... is building up within you ...and you can also

enjoy discovering ... that everything you need ... to do this for yourself ... goes with you ... for you are doing it now ... you don't have to try ... to relax ...

You make this happen ... you do this ... and it happens ... so easily ... so naturally ... this all belongs to you ... this is yours ... you make this time ... you use this time ... you have this time ... just for you ... and it's so comfortable... to feel arms and legs ...resting so peacefully ...

It is so comforting ... to let the movements and motions of the airplane ... relax you more deeply ... and more completely ... and even when there is a distraction ... you can easily and comfortably return ... to that very happy restful experience... that you are enjoying ... you are doing very well .. this all belongs to you ... you are doing well ... peacefully. comfortably ...easily ... that's right ... you are doing well ... body and mind are learning ...what you are teaching ... using your travel time for rest ... and travel can be tiring ... and travel can be restful ... you are doing well ....

You are choosing for yourself ... and you can have what you want .... You don't have to try ... you make this happen ... by letting it happen ... giving your consent ... your permission .. to use everything ... including your imagination ... and your body hears everything you hear ... it hears everything you say ... everything you think... and everything... you imagine ... and your body knows how to relax ... and your body knows how to sleep ... and you ... are now using ... all of your own natural abilities ... to enjoy a wonderfully restful travel ... a wonderfully restful sleep ...

You travel easily ... you travel comfortably ... you travel restfully ... this belongs to you ... you are doing well... you are doing ... very well... that's right ... it always feels so good ... to arrive rested ...with so much energy ... and refreshment ... that goes with you ... you do this well... you do this very well ...that's right ... that's ... right ...

## APPENDIX A - RELEVANT PUBLISHED RESEARCH

Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change.  
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Health Education Monograph. 2, 234-508

Becker, M. H. (1985). Patient adherence to prescribed therapies.  
Medical Care 2, 234 ~508

Benson H. (1975) The relaxation response.  
New York. William Morrow

Bettman, J. R. (1979). An information processing theory of consumer choice.  
Mass: Addison Wesley 19-27.

Blackwell B. (1979). Treatment adherence - A contemporary view.  
Psychosomatics 20, 27-35

Boek N.N. (2001) A spoonful of sugar to improve adherence to tuberculosis treatment in Asia  
with financial incentives  
Int. J. Tub. Lung. Dis. Jan. 95-99

Borlovec T.D. & Fowles D.C. (1973) Controlled investigation of the effects of progressive hypnotic  
relaxation on insomnia.  
J. of Abnormal Psychology 82 153-8

Bower P. & Sibbald B. (2000) On-site mental health workers in primary health care: effect on  
professional practice  
Cochrane Database Sys. Rev. CD 000532

Cerkoney, A. B. et al. (2000) The relationship between the health belief model and compliance of  
persons with diabetes mellitus. Diabetes Care, 3, 594-598

Chauk C. (1995) Evaluation of eleven years of community based directly observed treatment for  
tuberculosis JAMA 174 945-951

Etc. etc ... for many pages ... available on request ...

## EXHIBIT B - READING LIST FOR FURTHER STUDY

Man's Search for the Meaning of Life  
Dr. Viktor Emil Frankl (Pocket Books - New York)

Feeling Good - The New Mood Therapy  
Dr. David D. Burns (Avon Books - New York)

Turning Hurts into Haloes  
Rev. Robert Schuller (Crystal Cathedral - Cal. USA)

When the Living Hurts  
Dr. Michael D. Yapko (Brunner/Mazel New York)

Handbook to Feeling Good  
Dr. David D. Burns (Avon Books - New York)

Hypnosis and the Treatment of Depression  
Dr. Michael D. Yapko (Brunner/Mazel New York)

Free Yourself from Depression  
Dr. Michael D. Yapko (Brunner/Mazel New York)

Final Exit  
Derek Humphrey (Dell Publishing - New York)

Man's Search for Ultimate Meaning  
Dr. Viktor Emil Frankl (Pocket Books - New York)

Self Hypnosis - Complete Guide  
Brian Alman (Brunner/Mazel - New York)

Hypnosis in the Relief of Pain  
Ernest & Josephine R. Hilgard - (Brunner/Mazel - New York)

Tranceformation Works – Dr. Steven Gurgevich  
[www.tranceformation.com](http://www.tranceformation.com)

## EXHIBIT C - THE 25 PLUS ALTERNATIVE APPROACH

When nothing seems to work well for you, CHALLENGE yourself to think up 25 PLUS alternatives for possibly resolving the problem. Then DECIDE to make some of them WORK for YOU.

For example - The Problem of Sleeping at Night:

1. Change sleeping habits that do not work ... adopt NEW ones that do. Change your "sleeping" to ... dreaming ... resting ... relaxing ... travelling... imaging ... wandering ... in different ... places, times, durations, physical positions (try fetal and others) ... and company.
2. Like Churchill learn to sleep for ten minutes at any time of the day or night to refresh yourself.
3. Join a group of non-sleepers and to share common experience and learn how others have found new ways to overcome the SAME problem ... in a quiet restful environment?
4. Use logotherapy's "Paradoxical Intention" in which you set your mind on staying awake all night and NOT going to sleep, and then laugh at yourself!
5. Take sleep medication - but only once a week deliberately as a REWARD. Sleep with a cat or other pet for company
6. Research non-sleepers who never sleep but have found ways to relax and survive with NO sleep at all ...just physical and mental relaxation.
7. Make a list of your "Cognitive Distortions" and do something about ONE of them.
8. Make a 90-minute confidential audiotape in which you relate all your sleep problems ... very very frankly ... about the things that happened in the past and how you felt.
9. Find a gentle solution as a wonderful example to your kids on overcoming their future problems.
10. Take away all fears of being alcoholic with a wonderful faith in God who loves you.
11. Ring up the help line of the Crystal Cathedral in California.
12. Start to see Rev. Schuler on Lifetime TV each Sunday morning with his approach of dreaming, possibility thinking and expectation of success.
13. Reject the "pride" idea ... "That is the sort of person I am ... nobody can help me to sleep" ... "help" aids us all.
14. Throw out the "Victim Complex" - God has something SPECIAL for you to learn.
15. Read the Meaning of Life by Viktor Frankl in Auschwitz ... so begin to laugh at yourself and the problem ... smile ...
16. Watch TV once week and be bored to sleep.
17. Start to write your autobiography... with all the details ... for your grandchildren - a best seller.
18. Keep the mind open to new ideas ... open your eyes ... the answer may be just in front of you.
19. Ring me up every day to hear my problems and complaints ... any time day or night.
29. Be grateful that sleep is a problem for you and not your loved ones.

21. Expect some good news every day ... and count your blessings too.
22. Be grateful indeed for a healthy non-handicapped family.
23. Research the oldest living man who sleeps only every two days ... in Russia.
24. Find someone to help with the same or a worse problem or and resolve problems together.
25. Keep a daily diary of progress and list everything you have learned about yourself since the problem began ... change attitudes ....
26. Write up a case history of your problem and try to identify the initial causative factors. What were those events and why did they affect you then and not before? Then take benefit from the analysis.
27. Make a list of worse things that could have happened.
28. Sleep anywhere any time during the day for 10-60 minutes, as needed ... just ... "I am not available until three o'clock"
29. Stop calling it "sleeping" ... call it something else like ... drifting off ... relaxing ... letting is go ... off on a trip ... dreaming ... goofing off ...
30. When not sleeping use the time to draw pictures or write comic stories.
31. Tell yourself that you either sleep or you do that horrid horrid householder chore (that you DETEST) ... in just five minues time!
32. Add a little more love and affection to your nightly activity.
33. Finally don't give up ... a solution will come in time ...far far worse things happened to Viktor Frankl and he survived ... to find something to smile about every day ... and ... to find meaning in life ...
34. Begin to think that it is possible ...as you decide ... to expect some good news ... every day ... and the best is yet to come ...!