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For this, follow up in a calm tone with a couple of sentences asking the subject to fall into a deeper sleep. The two best ways to deepen the hypnosis are described

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below: rocking the head and performing a countdown. Pick whichever you are most comfortable with; rocking the head will require some physical contact with the subject.

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environment during hypnosis. pp. 219-222



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1 point: As we pass through the stages of sleep, we become less and less aware of our outside environment. During deeper stages of sleep, we are less likely to be awakened by noise in our environment, indicating a change in consciousness according to this definition. pp. 226-229 1 point: Environmental stimuli are

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These rapid hypnotic inductions get their name from the fact that the inductions involve the actual use of shock. In this case, a hypnotist would ask the client to take part in an activity, or they may distract the hypnotee in a way before exposing them to something that shocks them, as they ask the hypnotee to sleep.

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hyperalgesia.<sup>63</sup> Moreover, delayed REM rebound after volatile anesthetic exposures may place patients at risk for episodes of hypoxemia<sup>64</sup> and is especially concerning in patients with obstructive sleep apnea in whom hypoventilation, carbon dioxide retention, oxygen desaturations, and bradyarrhythmias often accompany REM sleep.<sup>65</sup> REM rebound has also been linked to hemodynamic instability, myocardial infarction, stroke, and postoperative delirium.<sup>64</sup> Together with other ...

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