**Explanatory leaflet for patient/relative**

It has been suggested that you (or your relative) might benefit from listening to some audio recordings that utilise hypnosis and positive suggestion. So, I would like to explain a little about what this is and how it might help.

Hypnosis is a natural daydreamy state, a little like meditation, that results from a focusing of attention and use of imagination. When in this state suggestions are more effective and have been shown to have a marked effect on how the body functions.

We know that even heavily sedated patients are aware of sounds around them and that being in ICU can be a very traumatic experience for anyone. When someone is highly anxious or sedated, they are in a semi-hypnotic state already, and this can be utilised to give positive suggestions that can aid recovery. Most people find hypnosis very relaxing and calming and it has been shown that when someone is in a relaxed state their healing and recovery is optimised, especially if suitable suggestions are given to them.

The suggestions given in the recording have been carefully created by health professionals, reviewed by doctors who are used to working in ICU and EDs and have been tailored to patients in this situation.

It is hoped that, by using this script, you (or your relative) will recover faster, need less sedation and generally have a more comfortable experience.

**For more information please visit www.bscah.com**