



THE NIGHT WAKER

KATIE WOOLF, 35, runs her own promotions firm and lives in London with husband **Scott, 35**.

'Just over three years ago, I went through a lot of sudden changes. I left my job, set up my own business and my dad had cancer. Literally overnight, I went from being someone who always slept well to waking at regular intervals, during the night. My mind was churning with all the things I needed to do with the business.

The more stressed I became about my lack of sleep, the more I woke in the night. It became a self-fulfilling prophecy. I tried herbal teas and homeopathy but, by the end of last year, I'd reached a point where I felt jetlagged and only half present in life.'

The expert: Gerad Kite is founder of the Kite Clinic in London. He practises classical five-element acupuncture and has treated many patients with sleep problems. His approach combines psychotherapy and lifestyle recommendations with acupuncture.

The diagnosis: 'I could tell as soon as I met Katie that she is a classic adrenaline junkie. Her whole life was conducted in a rush. By nature, she's very driven, excitable and

Gerad Kite's sleeping tips

- * Make the bedroom a tranquil place, and not full of clutter.
- * Banish the television from the bedroom.
- * Look at what issues in your life might be causing your sleep problem, and take positive steps to deal with them.

ambitious, which has led to her becoming very successful. But the result is that she's in a perpetual state of flight. She had the look of a rabbit caught in headlights.

At the heart of the Classical Five Element Acupuncture treatment is the belief that many physical ailments are the product of emotional distress. Diagnosis involves identifying the patient's constitutional and emotional make-up, their weaknesses and strengths. Any one thing – from a physical to an emotional problem – can cause an individual's entire body to become out of balance.

According to Chinese philosophy, all things in the universe manifest as the five elements. In Katie's case, my diagnosis showed that it was the water element – which represents the kidney and bladder, and is responsible for how energy is created in the body – that was out of kilter. This balance can be restored with acupuncture. I advised Katie to cut out all caffeine, and de-clutter her bedroom. I also

'Physical or emotional problems can unbalance the body'

advised her not to watch television in bed, as for good quality sleep it's important that the bedroom is associated only with sleep and sex. Other changes were to go to bed

at the same time every night, to get her body's circadian rhythms into a routine.'

Katie's verdict: 'After four treatments, I slept well for the first time in years. Gerad described me as a "wound-up bobbin", during treatment, and I certainly felt unwound afterwards. I wondered if the effect of acupuncture would wear off after a few days, but the results have been so incredible, I plan to carry on seeing him.'

Kite Clinic, consultations start from £85, 020 7408 0341; kiteclinic.co.uk