

7<sup>th</sup> World Congress on **Addictive Disorders & Addiction Therapy**  
&  
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### Sleep disorder and neuro sensitivity

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**Statement of the Problem:** Every type and stage of sleep disorder can be eradicated easily and effectively by altering the neuro sensitivity of concerned brain in the required direction. Every brain suffering from any type and stage of sleep disorder is suffering primarily with the loss of its harmony (homeostasis) followed by altered secretion of necessary fluid, chemical and electrical activity resulting in alteration of neuro sensitivity of the concerned brain.

**Purpose of the Study:** Sleep disorders are becoming global epidemic and serious enough to interface with normal physical, mental, social and emotional functioning.

**Methodology & Theoretical Orientation:** Every brain is programmed differently than that of another. Some brain is more prone to receive and retain stress from surroundings than that of another. In order to understand the cause of any functional neurological disorder we have to understand the programming of that concerned brain which decides its: thinking pattern, behaving pattern, feeling pattern, responding pattern, etc. Human brain is an ultimate creation of nature. In order to understand the programming of the concerned brain we need to know the language of nature being illustrated clearly in different form, on the body of that concerned brain. Sleep is a natural mental process in which the secretion of required fluid and all activity becomes optimum when brain is in harmony. Every brain has a critical limit towards a thrust and it is also different for different brain.

**Findings:** Study was carried out on 673 brains suffering from different types of sleep disorders of different age groups about 69 percent (465) brain responded with sound sleep and 26 percent (175) with moderate benefit and 4 percent (27) with slight benefit (by revert signaling therapy).

**Conclusion & Significance:** Further study and analysis is required on more scientific axes in advanced laboratory.

### Biography

Ravi Shankar Singh has expertise in understanding mental engineering and neurological interactions and their complex functions including neurological programming. He is also engaged in finding some unconventional means of healing and relieving human being suffering from functional mental ailments by reviving and modifying ancient Indian methodologies. He is currently working at Foundation of Mind Awakening and Neuro Analytical Studies.

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