

Neurofeedback for Sleep Problems

What is neurofeedback?

A form of operant conditioning in which audio and visual cues act as rewards when the brain is functioning in a more optimal state.

How does it help with sleep?

Areas of the brain can be assessed and targeted directly to encourage the production of brain waves associated with calming and relaxation to promote better sleep.

Are there any side effects?

Unlike sleep medications, neurofeedback helps your brain learn a new behavior instead of treating a short-term issue. It is a learning process with no contraindications.

How many sessions will it take?

This is an individualized treatment and the number of sessions will vary with each individual, based on severity of issues, age and other factors. Patients should expect 30-50 sessions on average.

What are your treatment options?

We offer traditional neurofeedback for people with long-running sleep difficulties, beginning with an EEG to create a comprehensive "map" for treatment. For less complicated sleep issues, we offer 30-minute relaxation sessions that use baselines from several areas of the brain connected with sleep.

How do I get started?

You can make an appointment with one of our providers to discuss your overall health and neurofeedback options by calling 913-588-6208. You can also contact our technician directly at tburch2@kumc.edu.

