http://jppbr.ub.ac.id/
DOI: 10.21776/ub.jppbr.2025.006.02.6
eISSN: 2723-083X pISSN: 2723-0821

Journal of Psychiatry Psychology and Behavioral Research
Vol. 6 No. 2, September 2025

JPPBR

THE EFFECT OF HYPNOSIS THERAPY ON SLEEP DISORDER IN MENOPAUSAL AND POSTPARTUM WOMEN: A LITERATURE REVIEW

Nadia Taqiyya[1], Mutiara Putri Nanda Rizki[1], Lina Zhafirah[1], Amina Diarsy[1], Dini Latifatun Nafi'ati[2]

Correspondence: *nadiat1yy@gmail.com*
[1]*Midwifery Magister's Degree Program, Medical Faculty, Brawijaya University, Indonesia;*
[2]*Psychiatry Department RSUD Dr. Saiful Anwar Malang, Indonesia*

REVIEW **OPEN ACCESS**

ABSTRACT

Introduction: Menopause is a normal phase in a woman's life marked by the discontinuation of menstruation due to hormonal changes, often accompanied by sleep disturbances. These sleep disturbances can negatively impact health and well-being. The global prevalence of sleep disturbances among postmenopausal women is quite significant. Several studies have shown that hypnosis therapy can improve sleep quality in menopausal and postmenopausal women. This review aims to evaluate the effects and benefits of hypnosis therapy on sleep disturbances in menopausal and postmenopausal women through a literature review. We also analyze how various media are used in hypnosis therapy interventions.
Methods: This study uses a literature review method by accessing relevant articles through electronic databases such as PubMed, Science Direct, and Google Scholar, focusing on publications from the last 10 years. Inclusion and exclusion criteria were applied in selecting the articles.
Results: Five studies were analyzed, showing that hypnosis therapy using various research methods and types of hypnosis effectively addresses sleep disturbances in menopausal and postmenopausal women.
Discuss: Hypnotherapy teletherapy could become a standard form of therapy globally, though there may still be a necessity for traditional face-to-face therapy based on patient preference.11 Teletherapy hypnosis can improve sleep quality by targeting psychological mechanisms such as pre-sleep arousal and reducing worry, paving the way for more effective interventions.
Conclusion: The results indicate that different research methods and media types used for hypnosis therapy in the sample show consistent results that hypnosis therapy positively affects reducing sleep disturbances in menopausal and postmenopausal women.

Keywords: Menopausal Women, Postmenopausal, Sleep Disturbances, Hypnosis, Teletherapy.

Article History:
Received: May 26, 2024
Accepted: September 18, 2024
Published: September 30, 2025

Cite this as: *Taqiyya, N., Rizki, MPN., Zhafira, L., Diarsy, A., Nafi'ati, DN. Disorder in menopausal and postpartum women: a literature review. Journal of Psychiatry Psychology and Behavioral Research; 2025.6:2. p32-36.*

INTRODUCTION

Menopause is a natural phase experienced by all women in their life cycle. It is marked by a woman not having menstruated for 12 consecutive months, signaling a new stage in life.[1,2] This occurs due to reduced estrogen and progesterone hormones, typically in women aged 45 - 55. In addition to hormonal changes, the cessation of ovarian function, which stops producing and releasing eggs, can lead to symptoms such as breast sagging, joint pain, reduced muscle and bone mass, as well as psychological changes, difficulty concentrating, sleep disturbances, and unexplained fatigue.[3]

The global rate of sleep disturbances among postmenopausal women is 51.6%.17 The transition to menopause is associated with an increase in sleep disorders, such as insomnia. Insomnia can be influenced by various factors, including life stress, depression, musculoskeletal disorders, respiratory issues, and concerns about offspring.[1] Addressing sleep problems in menopausal women is challenging due to their multifactorial nature. Symptoms like hot flashes, hormonal changes, mood swings, and age-related issues contribute to

sleep disturbances, affecting the quality of life, utilization, and productivity.

Improving sleep quality during this period is crucial to reducing sleep disturbance complaints. Approaches such as cognitive behavioral therapy (CBT) and hormone therapy have been proven effective.[4-6] CBT has been shown to address insomnia in menopausal women, while hormone therapy can help alleviate sleep disturbances, especially those accompanied by hot flashes. However, concerns about the risks and impacts of hormone therapy often cause hesitation. Understanding how various symptoms interact and tailoring treatment to specific symptoms is essential. Additionally, sleep hygiene, self-hypnosis, meditation, and exercise play important roles for menopausal women experiencing sleep disturbances [5,7]

Hypnosis therapy holds the potential for addressing sleep disturbances in menopausal women. Several studies have investigated the efficacy of self-hypnosis in alleviating sleep disturbances in this population, showing improvements in sleep quality and duration.[8-10] Hypnosis aims to ease symptoms through self-hypnosis training, demonstrating benefits for both acute and chronic insomnia in menopausal women. Numerous studies have supported the use of hypnosis in reducing various physical and mental disorders, making it an effective non-pharmacological therapy for health issues. Examples include using hypnosis to improve sleep quality in general samples, enhance mental health in cancer patients, and support women during pregnancy, childbirth, and postpartum periods.[11-16] Therefore, we are interested in conducting a literature review study on hypnosis therapy for sleep disturbances, focusing on menopausal and postmenopausal women.

METHOD

The method we used in this study is a literature review. This article discusses the effects of hypnosis therapy on sleep disturbances in menopausal and postmenopausal women based on a literature review. The literature was accessed through electronic databases such as PubMed, Science Direct, and Google Scholar, with the keywords “hypnosis”, “hypnosis therapy”, “menopausal women”, “postmenopausal women”, and “sleep disorders”. The inclusion criteria for this study were articles published within the last 10 years, related to hypnosis therapy for sleep disturbances, and focusing on menopausal and postmenopausal women as the sample population. The exclusion criteria were articles published more than 10 years ago, not related to hypnosis therapy for sleep disturbances, and those not focused on menopausal and postmenopausal women as the sample population.

RESULT

Based on our literature search, we identified 10 articles, of which we excluded 5 because they did not cover the topic of hypnosis therapy for sleep disorders in menopausal women. Therefore, we analyzed only 5 articles for this literature review. Besides the exclusion criteria for selected studies, the limited number of studies on hypnosis therapy specifically for sleep disturbances in menopausal and postmenopausal women was one of our challenges in reviewing a small number of studies.

Our literature study revealed that these studies employed various research designs, such as quasi-experiments, controlled trials, and retrospective studies. The implementation of hypnosis therapy interventions varied, including face-to-face hypnosis with a therapist, group hypnosis via chat with supervision, hypnosis over the phone, hypnosis using a smartphone app, and audiovisual hypnosis.

The first literature review is an experimental study by Cordi et al. (2015) in Switzerland, which aimed to investigate the potential of hypnosis therapy to improve slow-wave sleep (SWS) and cognitive function in elderly women, considering the decline in sleep quality and SWS with age.[5] The population consisted of 39 elderly women aged 60-82, who listened to hypnosis suggestions or control tapes before sleep while their brain activity was recorded. The results showed that hypnosis therapy enhances sleep quality and cognitive function among elderly women.[5] The findings indicated a 57% rise in slow-wave sleep (SWS) among participants in the treatment group compared to those in the control group, along with cognitive and brain function recovery. This study highlights the potential benefits of hypnosis as an alternative to improving sleep quality in menopausal women. It underscores the potential of psychological interventions using hypnosis therapy to enhance sleep and cognitive function in the elderly and to provide a basis for future studies on sleep disturbances and the long-term benefits of hypnosis in daily life.[5]

The second literature review is an experimental study by Elkins et al. (2021) in the United States, which aimed to explore the effectiveness of hypnosis interventions in improving sleep quality in postmenopausal women with sleep disturbances.[8] The sample population included 90 postmenopausal women. The research method was a single- blind, randomized 2 × 2 factorial trial design comparing two levels of therapist interaction (3 vs 5) and two delivery methods (face-to-face hypnosis sessions with a therapist or contact only via phone). All participants in the group practiced at home using audio recordings for 5 weeks, with different themes for hypnosis induction and mental imagery each week. The results showed that all intervention groups benefited, with telephone-delivered hypnosis sessions over five sessions offering minimal burden (as no face-to-face visits were required) and yielding sleep improvements comparable to or better than face-to-face sessions when provided with audio recordings for home practice. This study concluded that hypnosis significantly improves sleep quality in menopausal women.[8]

The third literature review is a quasi-experimental study without a control group, using a one-group pretest- posttest design in Indonesia, specifically in the Kalidoni Palembang Community Health Center area, South Sumatra Province.[17] The study aimed to evaluate the effectiveness of self-hypnosis therapy in addressing sleep disturbances in menopausal women, using quantitative methods and the Jakarta Biological Psychiatry Study Group – Insomnia Rating Scale (KSPBJ-IRS) questionnaire. The sample population included 18 menopausal women from the elderly in the community health center area. The questionnaire was administered to respondents before the intervention to categorize the level of sleep disturbances, then respondents received an audio file via WhatsApp to listen to daily for 7 days, with periodic monitoring via WhatsApp group. After 7 days, reassessment using the KSPBJ-IRS questionnaire to show a significant reduction in sleep disturbances. Before the intervention, 7 respondents (38.89%) had mild sleep disturbances, 10 (55.55%) had severe sleep disturbances, and 1 (5.56%) had very severe sleep disturbances. After the intervention, 8 respondents (44.44%) had no insomnia, 7 (38.89%) had

mild sleep disturbances, and 3 (16.67%) had severe sleep disturbances. Hypnosis therapy proved effective in reducing sleep disturbances, making it a viable alternative therapy.

The fourth literature review is an experimental study by Julie et al. (2020) in the United States, which aimed to evaluate the efficacy of hypnosis therapy as an intervention program for menopause-related sleep problems. The sample population included 90 postmenopausal women divided into four groups over 8 weeks. The first group had 5 face-to-face sessions, the second group had 3 face-to-face sessions, the third group had 5 phone calls with self-hypnosis, and the fourth group had 3 phone calls with self-hypnosis. The findings showed a significant decrease in poor sleep quality and enhanced sleep duration in all groups. Most women demonstrated clinical improvement in sleep duration. This study indicated that hypnosis is an effective non-pharmacological intervention for sleep problems and hot flashes in menopausal women. [15]

The fifth literature review is a cross-sectional study by Morgan Snyder et al. (2024), which aimed to investigate the characteristics of hot flashes, sleep quality, and mental health in menopausal women using the Evia app, focusing on the relationship between hot flash frequency and sleep disturbances, especially difficulty sleeping and poor sleep quality. The sample population included 9764 users who downloaded the Evia app, with data collected via self-report questionnaires assessing users' demographic and clinical characteristics. The Evia app is a smartphone app providing hypnotherapy for menopausal women with hot flash symptoms, aiming to improve quality of life and sleep patterns. The app offers a 5-week hypnotherapy program with daily tasks such as listening to hypnotherapy sessions, tracking hot flashes, and reading psychoeducational materials. The study results indicated that hypnotherapy interventions improved sleep quality for menopausal women and reduced disruptive symptoms, making it effective for treating postmenopausal hot flashes.[18]

Based on our literature review, overall, these studies indicate that hypnosis therapy interventions, whether in the form of hypnosis suggestions, self-hypnosis, or hypnosis via smartphone apps, have the potential to reduce sleep disturbances and improve sleep quality in menopausal and postmenopausal women. These findings offer promising potential for developing non-pharmacological therapies that enhance sleep quality and alleviate disruptive symptoms in this population, with significant implications for their health and well-being.

DISCUSS

Sleep disturbances can be managed by pharmacological and non-pharmacological therapies. However, pharmacological therapies may often lead to numerous side effects. Therefore, in this context, the focus will be more on non-pharmacological therapies, such as hypnosis therapy. Hypnotherapy is the application of hypnosis in treating mental disorders and alleviating physical ailments. Hypnosis is known as an economical and secure approach with extensive advantages for managing a range of health concerns, including sleep disturbances in menopausal and postmenopausal women. Hypnosis has the potential to improve sleep quality and reduce sleep disturbances by inducing a deep state of relaxation, reducing anxiety and stress levels, altering pain perception, and promoting positive suggestions for better sleep. The effectiveness of hypnosis in managing insomnia can be enhanced with common therapeutic components such as therapist contact, the expectation of improvement, and a focus on pleasant internal sensations.[16]

Some studies also state that hypnosis has the potential to enhance sleep quality in elderly women who have experienced menopause. Hypnotherapy is the application of hypnosis in treating mental disorders and alleviating physical ailments.[15] A systematic review of the impact of hypnosis on sleep quality showed that 58.3% of the included studies reported the benefits of hypnosis on sleep outcomes.[3]

The five pieces of literature we reviewed related to hypnosis therapy for sleep disturbances in menopausal and postmenopausal women all indicate that hypnosis therapy is beneficial for reducing sleep disturbance symptoms and can improve sleep quality in this population. The first literature showed that psychological interventions using hypnosis therapy were effective in improving sleep quality, slow-wave sleep (SWS), and cognitive function in menopausal women.[5] Sleep plays a crucial role in maintaining normal body and brain functions. SWS is the deepest and most important phase of healthy sleep and thus plays a critical role in mental health. Hypnosis can modulate sleep architecture by influencing slow-wave activity.[6] Hypnosis can enhance slow-wave sleep (SWS) by inducing changes in the endocrine and autonomic nervous systems, leading to increased release of growth hormone (GH), prolactin, aldosterone, and a shift towards reduced sympathetic dominance.[2] Hypnosis can improve sleep quality by increasing the duration of SWS and enhancing the strength of slow-wave activity without negative side effects. Hypnosis has other benefits, such as potentially regulating physiological functions like metabolism, cardiovascular activity, and immunity through its effect on the endocrine and autonomic nervous systems. That can be used to modulate subjective sleep quality and treat sleep disturbances without side effects.[2] Another study mentions that utilizing instruments such as polysomnography recordings and EEG data analysis can provide insights into the potential benefits of hypnosis on sleep quality and cognitive function.[6]

The methods of hypnosis therapy used in the five studies varied. The first study employed hypnosis suggestions or control tapes before sleeping while recording brain activity. The second study used a mix of face-to-face hypnosis with a therapist, telephone contact, at-home practice using audio recordings, and mental imagery.[5,8] The third study utilized audio sent via the WhatsApp group messaging app.[17] The fourth study employed a combination of face-to-face sessions, phone calls, and self-hypnosis.[15] Finally, the last study used the Evia hypnotherapy app.[18] All five studies demonstrated the benefits of hypnosis therapy for sleep disturbances in menopausal and postmenopausal women, regardless of the medium used. One example of hypnosis therapy media is audio. They found that relaxation music could enhance slow-wave sleep (SWS) and consistently improve subjective sleep quality compared to text-based media.[6]

Another study on the use of psychological therapy via video on DVD and face-to-face for pain management showed that even brief interventions could be beneficial.[18-21] There is also the use of hypnosis media leveraging technology with AR (Augmented Reality). AR hypnosis therapy has proven effective in treating psychological stress and anxiety, with AR hypnosis being more effective than regular hypnosis for

stress/anxiety, and women finding AR hypnosis more beneficial than men.[22] Other studies on remote hypnotherapy, such as video use, indicate that it is acceptable to patients and can potentially increase access to therapy. This method has gained popularity, especially when local hypnotherapy is limited or during situations like the COVID-19 pandemic. Hypnotherapy teletherapy could become a standard form of therapy globally, though there may still be a necessity for traditional face-to-face therapy based on patient preference.[11] Teletherapy hypnosis can improve sleep quality by targeting psychological mechanisms such as pre-sleep arousal and reducing worry, paving the way for more effective interventions. The delivery of hypnosis therapy remotely via telehealth or mHealth platforms, which has become a preference post-COVID-19 pandemic, potentially revolutionizes healthcare delivery.[7]

CONCLUSION

Based on the results and discussion of our literature review, it can be concluded that hypnosis therapy, with various methods and interventions, shows promising results as a non-pharmacological therapy for addressing sleep disturbances in menopausal and postmenopausal women. The research methods used range from experimental trials and quasi-experiments to retrospective studies. The interventions for hypnosis therapy vary, including face-to-face sessions with a therapist, supervised group chats, phone sessions, smartphone applications, and audio-visual hypnosis. The use of teletherapy hypnosis has become more popular following the COVID-19 pandemic.

Hypnosis therapy also has the potential to regulate fundamental physiological functions such as metabolism, cardiovascular activity, and immunity through its effects on the endocrine and autonomic nervous systems. Therefore, hypnosis therapy can be considered an alternative for managing sleep disturbances in menopausal women. This literature review provides a strong foundation for further research and the application of hypnosis therapy in women's health during critical life stages such as menopause and postmenopause, given the limited studies on this topic.

REFERENCES

1. Baker FC. Optimizing sleep across the menopausal transition. Climacteric. 2023 Apr 3;26(3):198–205.
2. Besedovsky L, Dang R, Engert LC, Goldstein MR, Devine JK, Bertisch SM, et al. Differential effects of an experimental model of prolonged sleep disturbance on inflammation in healthy females and males. PNAS Nexus. 2022 Mar 10;1(1).
3. Chamine I, Atchley R, Oken BS. Hypnosis intervention effects on sleep outcomes: A systematic review. Journal of Clinical Sleep Medicine. 2018 Feb 15;14(02):271–83.
4. Cordi MJ, Ackermann S, Rasch B. Effects of relaxing music on healthy sleep. Scientific Reports. 2019 Jun 24;9(1).
5. Cordi MJ, Hirsiger S, Mérillat S, Rasch B. Improving sleep and cognition by hypnotic suggestion in the elderly. Neuropsychologia. 2015 Mar;69:176–82.
6. Cordi MJ, Rossier L, Rasch B. Hypnotic Suggestions given before Nighttime Sleep Extend Slow-wave Sleep as Compared to a Control Text in Highly Hypnotizable Subjects. International Journal of Clinical and Experimental Hypnosis. 2020 Jan 2;68(1):105–29.
7. Elkins G. Clinical hypnosis intervention for improving sleep quality: Emerging research and future directions. International Journal of Clinical and Experimental Hypnosis. 2024 Mar 28;72(2):91–3.
8. Elkins G, Otte J, Carpenter JS, Roberts L, Jackson LS, Kekecs Z, et al. Hypnosis Intervention for Sleep Disturbance: Determination of Optimal Dose and Method of Delivery for Postmenopausal Women. International Journal of Clinical and Experimental Hypnosis. 2021 May 28;69(3):323–45.
9. Dewi Caesaria F. Pengaruh Terapi Tertaawa Terhadap Derajat Insomnia Pada Lansia Di Dusun Jomegatan, Ngestiharjo, Kabupaten Bantul [Internet]. Universitas Muhammadiyah Yogyakarta; 2022 [cited 2024 May 20]. Available from: https://etd.umy.ac.id/id/eprint/14914/1/Naskah%20Publikasi.pdf
10. Hartono D, Somantri I, Februanti S. Hipnosis Lima Jari dengan Pendekatan Spiritual Menurunkan Insomnia pada Lansia. Jurnal Kesehatan. 2019 Sep 13;10(2):187.
11. Hasan SS, Vasant D. The emerging new reality of hypnosis teletherapy: A major new mode of delivery of hypnotherapy and clinical hypnosis training. International Journal of Clinical and Experimental Hypnosis. 2023 Apr 3;71(2):153–64.
12. Ishikura I, Lucena L, Andersen M, Tufik S, Girão M, Hachul H. 0711 Do postmenopausal women with insomnia and obstructive sleep apnea have deterioration in sexual function? Sleep. 2022 May 25;45(Supplement_1):A312–A312.
13. Koçoğlu F, Kocaöz S, Kara P, Aşcı Ö. Relationship between menopausal symptoms and sleep quality in women during the climacteric period: A cross- sectional study. Journal of Obstetrics and Gynaecology. 2022 Jun 1;42(6):2393–8
14. Krishna G M S Dr, Supriya M S Dr, Shanmukhi R Dr, Kirubamani H Dr. Are You Getting Enough Sleep Ladies? – an Observational Study Using Athens Insomnia Scale. Global Journal for Research Analysis. 2023 May 15;7(5):55–8.
15. Otte JL, Carpenter JS, Roberts L, Elkins GR. Self-Hypnosis for Sleep Disturbances in Menopausal Women. Journal of Women's Health. 2020 Mar 1;29(3):461–3.
16. Mamoune S, Mener E, Chapron A, Poimboeuf J. Hypnotherapy and insomnia: A narrative review of the literature. Complementary Therapies in Medicine. 2022 May;65:102805.
17. Marizi L, Emilia O, Permatasari A, Wahyuni S, Nurayuda N. Effectiveness of self-hypnosis In Overcoming Sleep Disorders In Menopausal Women. Journal of Maternal and Child Health Sciences (JMCHS). 2023 Jun 30;3(1):271–8.
18. Snyder M, Elkins GR. Characteristics of Users of a Digital Hypnotherapy Intervention for Hot Flashes: Retrospective Study. JMIR Formative Research. 2024 Mar 14;8:e53555.

19. Salari N, Hasheminezhad R, Hosseinian-Far A, Rasoulpoor S, Assefi M, Nankali S, et al. Global prevalence of sleep disorders during menopause: A meta-analysis. Sleep and Breathing. 2023 Mar 9;27(5):1883–97.
20. Swain NR, Trevena J. A comparison of therapist- present or therapist-free delivery of very brief mindfulness and hypnosis for acute experimental pain. New Zealand Journal of Psychology. 2014 Nov 3;43(3):22–8.
21. Tandon V, Sharma S, Mahajan A, Mahajan A, Tandon A. Menopause and sleep disorders. Journal of Mid-life Health. 2022;13(1):26.
22. Zhao X, You X, Shi C, Gan S. Hypnosis therapy using augmented reality technology: Treatment for psychological stress and anxiety. Behaviour & Information Technology. 2015 Mar 16;34(6):646–53.