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Weight Loss Hypnosis: Lose Weight While Sleeping

MIAMI (CBS4) — Snooze and loose; that's right. There is a way to lose weight while you sleep, and now people say it's taking all the work out of dieting.

Christine Donohoe always has home-made goodies around, but these days, she rarely takes a bite. It seems her food cravings are gone.

The 45-year-old mother of four gained almost 20 pounds after each baby. She ended up weighing 190 lbs. That's when she decided to snooze to lose weight.

"I think it makes it so much easier because it really isn't like dieting. You don't think about what you're doing," says Donohoe.

She goes to bed listening to a CD most nights. As she falls asleep and listening to this helps to reinforce her dieting mantra: eat healthy, limit fat and sugar.

"After listening to the tape I became conscious of things and started looking at labels on cans," Donohoe admits.

Dr. Steven Rosenberg is a behavioral therapist who said he's helped thousands of people lose weight with hypnosis.

"As you go to sleep you are actually getting in touch with the subconscious mind," Rosenberg explains. He says once thoughts are in the subconscious, people have more willpower and are better able to stick to a diet.

"It gets you thinking, you really don't want those cookies; you really don't want that fat. You want to lose; you want to be skinny," describes Donohoe. She believes the hypnosis tapes made dieting easier; she lost 65 pounds in seven months.

"I would have to say it's my subconscious working. I never had a craving, never had a desire. I just feel 100% better than I did," Donohoe admits.

Research has shown hypnosis is generally safe and for people who are already committed to dieting, it can be helpful. But it doesn't work for everyone, so the bottom line is that there are mixed results.

For more information on hypnosis and weight loss, [click here](#).
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Christine Donohoe goes to sleep listening to a recording that encourages her to lose weight on her earphones.
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