



*Sweet dreams
– Brenda Doherty
is a professional
sleep therapist.*

BRENDA DOHERTY, SLEEP THERAPIST

Three decades ago, Doherty found herself battling sleeplessness while working as a carer for terminally ill people suffering from motor neurone disease. Initially viewing the relaxation techniques she was shown as “rather queer”, she became fascinated by what she terms “our inner world – which is, of course, what sleep is all about”.

After becoming an initiated yoga swami, Doherty spent six years running yoga retreats before entering a Buddhist monastery in New Zealand to further her own studies and “find personal peace”. She now counsels everyone from stressed-out students and harried executives to retirees, who should be enjoying the best worry-free sleep of their lives – but aren’t.

“Essentially,” she says, “I help people balance out their nervous systems with practices such as breathing and relaxation, and help them manage their ‘busy mind’. People often view a lack of sleep as a catastrophe and, in doing so, make the problem even worse.”

Seeing 20 to 30 patients a week and conducting her patented SleepEasy seminars, the 56-year-old won’t be drawn on the subject of money but anticipates a lucrative future. “I’m going international with my program and have a SleepEasy book in the pipeline, so I’m looking forward to making my first million this year,” she says.

Even then, don’t expect to see Doherty resting on her laurels. “There is great satisfaction to be derived from helping others in this vital area of our lives,” she says. “Without good sleep, almost everything else we do – work, relationships, spiritual endeavours – can be compromised.”