

## Evidence that hypnosis for birth helps

Clinical research<sup>1</sup> has shown that for women using hypnosis for birth there is a:

Reduction in length of labour	Studies showed a reduction from 9.3 hours to 6.4 hours for first-time mums and from 6.2 hours to 5.3 hours for second-time mums.
Less reported pain	Mothers gave an average of 6 on a self-scoring model of 1-10, with 10 being the highest.
Reduction in medical intervention and use of forceps or ventouse	Studies reported an 84-99% rate of spontaneous, non-surgical deliveries.
Reduction in Caesarean rate	Studies reported Caesarean rates of between 5-8% compared with the national average of 24%.
Reduced need for pharmacological anaesthesia/analgesia	Studies reported a 55-79% rate of non-medicated births.

### <sup>1</sup>Sources

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