

## Sleep Cove Podcast Helps 15 Million People Drift off to Sleep During Lockdown

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*When world-wide lockdowns occurred, Christopher Fitton, a clinical hypnotherapist, knew he had to help the millions of people who could not sleep. So he released his Guided Meditation and Sleep Hypnosis Podcast called [Sleep Cove](#) with content specially designed to help listeners sleep.*

A clinical hypnotherapist has helped more than 15 million people drift off to sleep after launching a record-breaking podcast from his spare bedroom during the lockdowns.

Christopher Fitton created the guided meditation and sleep hypnosis podcast [Sleep Cove](#) in early 2020, in part to hone his hypnotherapy skills while working a full time in tech and in response to soaring levels of anxiety as a result of the COVID-19 pandemic.

Despite being a newcomer to podcasts, he has gone from just a handful of listeners in early 2020 to becoming one of the largest health and wellness podcasts in the world little over six months later. Recognised as 'New and Noteworthy' by Apple and a regular fixture at the top of the charts in the UK, USA, Canada and Australia, Fitton is now one of the most listened to hypnotherapists on the planet.

He said, "In stressful times like the present-day, getting to sleep is one of the first things that takes a hit. Pandemic anxiety, health worries, self-isolation, negative news, and poor job security compounded with reduced exercise due to lockdowns is a perfect storm that keeps people awake at night. I started the podcast as I knew the power of hypnotherapy and guided meditations to relax and help people sleep and wanted to share this experience with a wider audience.

"Mindfulness meditation and hypnotherapy is clinically proven to help you sleep, and I knew being a practitioner that these techniques help relax people and soothe them at bedtime. I have seen these benefits firsthand and wanted to share these advantages with more people online, so podcasting seemed like the perfect medium. The reaction to the [podcast](#) has been amazing and unforeseeable. I get messages from all corners of the world thanking me that they have had their best night's sleep in years. It's incredible to think that the podcast is helping so many people and it's just me in my small bedroom!

"What I have learned is that people find my voice soothing as I have even begun reading classic fiction and this has worked well to help people drift-off! The podcast is in its early days and I can't believe the impact it has had so far and I can't wait to see where it goes."

To listen to the podcast, visit: <https://link.chtbl.com/Ks2cct7>

### About

Christopher Fitton is a Nottingham UK based, clinical hypnotherapist and advocate for the therapeutic power of hypnotherapy. He hosts the successful health and wellness podcast, Sleep Cove.

Sleep Cove is a podcast and YouTube channel which helps listeners to get a great night's sleep thanks to relaxing sleep hypnosis, guided sleep meditations and bedtime stories.

- A Top 30 UK Podcast
- A Top 15 Australian Podcast
- A Top 30 Canadian Podcast

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**Christopher Fitton** is available for questions and interviews and be contacted via:

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## ENDS ##

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