

Importance of Sleep



Sleep plays an important role in your physical, mental and emotional health. Some researchers believe that the brain organizes and stores memories during sleep. Lack of sleep can affect our daytime functioning, hormonal balance, appetite, and immune system. We know that Sleep is involved in healing and repair of the heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, stroke and even diabetes.

The U.S. Centers for Disease Control and Prevention reported that 30 percent, or 40.6 million, of American adults are sleeping six or fewer hours a day, and night shift workers, particularly those in transportation, warehouse and health care industries are at the most risk of not getting enough sleep.

How to get a Good Night's Sleep

- ➔ Dim the lights in your home a couple of hours before bed to begin the release of melatonin (sleep hormone)
- ➔ Do not engage with computer or phone screen or TV an hour prior to bed (the lights trigger signals in your brain to 'stay awake')
- ➔ Go to bed around the same time every evening
- ➔ Do not eat 3 hours before going to bed
- ➔ Make your bedroom peaceful by:
 - 🌀 Cleaning up dust and clutter
 - 🌀 Add an air purifier
 - 🌀 Remove Electronics (EMF frequency emitted can disturb sleep even when off)
 - 🌀 Have room darkening shades/or blinds (even small amounts of light can keep us awake)

- ➔ Restless mind or legs?
 - 🌀 Soak in an Epsom salt bath or foot soak (magnesium contained in Epsom salts relax muscles)
 - 🌀 Diffuse lavender oil and/or rub on body/pillow case
- ➔ Read a book in bed
- ➔ Get grounded by Earthing (helps re-set biological rhythms)
- ➔ Exercise at least 4 days per week (studies show people who engage in regular/consistent exercise go to sleep quicker and rest deeper)

Side Effects of Inadequate Sleep Time/Quality

- Memory impairment
- Higher levels of stress hormones (cortisol and adrenaline)
- Mood disorders
- Accelerated Aging (oxidative stress from lack of healing and rejuvenation provided by sound sleep)
- Weight Gain (insufficient sleep results in higher levels of hunger hormone, Ghrelin, present in the blood stream)
- Chronically tired
- Slower reaction time



If you feel you are sleeping an adequate amount each night and still wake up feeling tired - inquire into possible sleep apnea with your healthcare provider. Additionally, if you feel tired and hungover even, with adequate amounts of rest, inquire into adrenal exhaustion.

Source

More Tips to Improve Your Sleep: <http://articles.mercola.com/sites/articles/archive/2016/05/26/16-chronological-tips-to-improve-sleep.aspx>