



IHHS-HEALTH & WELLNESS CENTER

1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
The Local People Serving You

Why Sleep is Important!

How to Regulate Sleep Hormonally, Nutritionally, and Homeopathically

Deep restorative sleep and tissue regeneration requires approximately 8 hours of good sleep.

Loss of sleep impairs our brain function, as most of us have been led to believe. However, it is much more dangerous than most are aware of!

Certain genes for body and brain repair can only turn on during proper sleep! They allow for deep tissue repair, regeneration, enhancement of complex physical problems and their repair, while increasing mental creativity three fold. New studies are also indicating proper sleep lowers risk of both breast and prostate cancers.

We restore tissues we utilized during the day when we sleep properly. We repair these metabolic pathways and tissues while we are in the natural, unimpaired, brain waves of sleep.

We only conserve 110 kcal a night in energy during sleep vs. moving about in the day. Many processes are going on while we are asleep that require energy.

Brain processing and memory consolidation occur in sleep. We cement the task's we are trying to learn into the brain in our sleep. We also have a 3 fold increase in creative ability, finding novel solutions to complex problems at night during sleep.

During sleep neural connections and synapses are linked and strengthened to enhance this creativity.

Teenagers typically need 9 hours of sleep, and most only sleep 5 hours. This leads to deficits.

The older people's ability to sleep is typically disrupted, and many sleep less than 5 hours. The need for sleep does not decrease with aging. They will still need 8 hours for health on several levels.

Shift work is done by approximately 20% of American's, however the body does not change circadian rhythm, hence they do not sleep well. This loss of sleep, and loss of repair leads to increases in cancer, certain loss of immune function, and provides for poor work performance.

Micro sleep or falling asleep, with no control, for short periods, especially while driving, is dangerous. About 31% of us will do this at least once. Remarkably, this tendency causes 100,000 vehicle accidents annually, and is how disasters like Chernobyl were caused. Principally by fatigue and function loss, due to lack of proper sleep!

IHHS-HEALTH & WELLNESS CENTER



1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
The Local People Serving You

Improper sleep leads to poor memory, increased impulsiveness, overall poor judgment, tendency for loss of mental health, and poor creativity. This loss causes the brain to crave things to make it up for the lack of sleep. Examples include drugs, caffeine, other stimulants, alcohol, and tobacco. This results in weight gain, addictions to nicotine, the use stimulants, and then depressants. This leads many to the caffeine in the morning and alcohol in the evening cycle, in an attempt to get proper rest.

Alcohol does not provide proper sleep, it sedates a person. Alcohol creates harm to the memory repair process and memory consolidation process, both.

Sleep of 5 hours or less causes a 50% increase in chance of obesity, from release of ghrelin, making a person craves carbohydrates, and especially, simple sugars.

The formula:

Tired = stress = loss of memory

Sustained stress from loss of proper sleep = suppressed immunity, increasing rates of cancer and infection. Stress also increases blood glucose load, resulting in diabetes, and also increases blood pressure resulting in heart disease.

If you need an alarm clock to awaken, or are hard to awake, or are grumpy and irritable, or you are told by people who know you that you look tired, You need more sleep!

Tips for improved sleep are:

Do not drink caffeine after noon; the half-life of caffeine is 12 hours, meaning 50% of what you consumed is still not metabolized away 12 hours later. Make the bedroom dark and slightly cool. One half hour before sleep lower lighting, turn off all computers, cell phones, move away from sources of EMF's, and anything that may turn on the brain or stop melatonin secretion. Then ease yourself into sleep.

We need 8 hours a night in general. Listen to your body to know if you need a bit more or less. Waking without an alarm clock or allowing your body to wake on its own is always preferable for health.

Older people do not need less sleep; sleep requirements do not go decrease as we age.

Mental health is maintained with proper sleep.

Interestingly, sleep disruption is always a part of mental illness such as bipolar, schizophrenia, and depression conditions. This occurs over time as sleep disruption takes its toll on the body and brain.

In mental health issues, the ability to regulate sleep is disrupted. There appears to be a physical link in the brain where the genetic parts that provide for normal waking and normal sleep are overlapping.

IHHS-HEALTH & WELLNESS CENTER

1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
The Local People Serving You



This genetic overlap causes a predisposition to mental health issues thru sleep disruption. Studies are showing and sleep disruption precedes the development of these mental illnesses.

One study showed stabilizing sleep, lowered paranoia by 50%.

This fact may illustrate how sleep disruption may be used as a precursor to mental illness, and also provide a target for treatment as well in the future.

Proper competent Sleep Increases

Concentration

Attention

Decision making

Creativity

Social skills

Health on all levels

Proper competent Sleep Decreases

Mood changes

Stress

Anger

Impulsivity

Tendency to drink caffeine, alcohol, and smoking

IHHS-HEALTH & WELLNESS CENTER



1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
The Local People Serving You

Behavioral assistance for relaxation and sleep

Set your mind/body health priorities and learn the practices that give you the most skill to live without stress. Their order of importance are breathing, sleep, hydration, nutrition, posture, and then exercise.

Breathing: Count how many breaths per minute you take. 8-10 and under means you breath with your diaphragm (belly breather). Anything more than 10 means you are breathing with your chest. Chest breathing creates chronic stress arousal. Learn how to breathe with the diaphragm.

Sleep: 30 minutes - 1 hour before going to sleep take the time to enjoy the company of your family, do gentle stretching, breathe deeply and with ease, and learn a relaxation practice to lead you to slumber.

Supplements that are of healthy assistance in achieving good sleep

Tryptophan is the amino acid that is a precursor for melatonin. It is taken before bedtime and waking at night with trouble going back to sleep.

Melatonin topically or sublingually before bedtime, in age appropriate doses, that are also adjusted for electromagnetic exposure.

Homeopathic remedies are used at bedtime to assist in falling and staying asleep. Examples are Guna Sleep drops and Insomnia HP drops.

Magnesium Citrate 500mg capsules, take 1 to 3 for muscle relaxations and better sleep.

Specific herbs and spices can also assist in maintaining proper sleep and health. Ie Valerian

Essential oils that may be of benefit: Lavender, Roman Chamomile, Ylang Ylang, Marjoram are a few.

Also consider

Maintenance of proper balance of vitamins, minerals and trace minerals is needed for health.

Correction of other amino acids, and essential fatty acids imbalance, does correct many things for the body.

Detoxification of the body, with nutrition, homeopathy, herbs, and spice's, is essential for proper body function in our environment.

Food's to try before bedtime, that may help with sleep, in 100kcal amounts; cottage cheese for protein and tryptophan, banana's for tryptophan, almond's for magnesium, turkey for tryptophan, canned tuna for vitamin D and fat's, cherries and cherry juice 2xday, to increase melatonin, walnuts for melatonin.

Footnotes:
Russell Foster ""Why do we sleep" Aug. 14th 2013 TED



IHHS-HEALTH & WELLNESS CENTER

**1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
The Local People Serving You**

Bena Long, President Bena Long Associates, "Leadership and the Executive Mind"