

IHHS-HEALTH & WELLNESS CENTER

**1607 SO. H STREET
BAKERSFIELD, CA 93304
(661) 837-0453 ~ FAX (661) 837-0560
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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 that are 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 do still require energy.

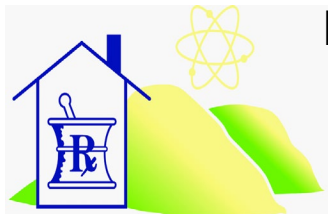
Brain processing and memory consolidation occur in sleep. We cement the task's we are trying to learn in our sleep. We also have a 3 fold increase in creative ability, finding novel solutions to complex problems at night during sleep. During sleep neural connections and synapses are linked and strengthened to enhance this creativity.

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

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 up for the lack of sleep. Examples include, drugs, caffeine, other stimulants, alcohol, and tobacco. This results in weight gain, addictions to nicotine, using stimulants, and then depressants. This also leads many to the



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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 both the memory repair process and memory consolidation process.

Sleep of 5 hours or less causes a 50% increase in chance of obesity from release of ghrelin making a person crave carbohydrates, especially simple sugars. These in turn disrupt the sugar hormone insulin, derailing sleep, and vice versa, chronic insomnia creates chronic blood sugar, and cortisol issues, affecting metabolism and immune function.

Excessive electromagnetic fields from modems, routers, cell phones, cell towers, and smart meters etc., can all affect sleep negatively. When sleeping turn them off, keep your cell phone in another room, and replace your smart meter with an analog one.

The formula:

Tired = stress= loss of memory and immunity

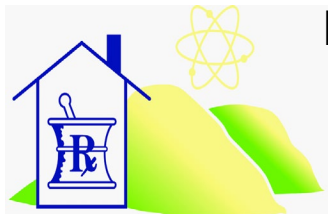
Sustained stress from loss of proper sleep also suppressed immunity, increasing rates of cancer and infection. Stress also increases blood glucose load resulting in diabetes, and increases blood pressure resulting in heart disease.

If you need an alarm clock to awaken, are hard to wake up, 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 noontime, the half-life of caffeine is 12 hours, meaning 50% of what you consumed is still not metabolized away 12 hours later. Avoid too much alcohol, and having too little exercise. Spend 20 minutes outside daily. 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.

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. This genetic overlap causes a predisposition to mental health issues. Studies are showing that 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 provides a target for treatment as well in the future.



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Proper competent Sleep Increases

Concentration
Attention
Decision making
Creativity
Social skills
Health on all levels

Proper competent Sleep Decreases

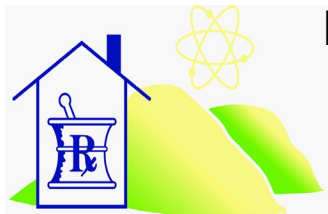
Mood changes
Stress
Anger
Impulsivity
Tendency to drink caffeine, alcohol, and smoke

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.



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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.

Quick2sleep strips for occasional use when you want one good night of sleep. Do not use more often than every 4 days. It is a combination of herbs and melatonin.

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

Hemp Extract, organic, take ½ ml 2-3 hours before bedtime and 1 ml at bedtime.

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

Specific herbs and spices can also assist in maintaining sleep and health i.e., Valerian, HEMP EXTRACT, chamomile, etc. For pregnancy insomnia, lettuce seed 1000mg.

Gamma Amino Butyric Acid or GABA 500mg. Take 2-3 capsules for sleep, as an inhibitory neurotransmitter, that increases alpha-wave patterns in the brain.

Phosphatidylcholine 420mg or Non-GMO Lecithin 1 teaspoonful to reduce serum cortisol levels that cause wakefulness.

Ashwagandha 300mg 2 times a day to reduce serum cortisol levels, balance hormones, and promote GABA pathways.

Pyridoxal 5 Phosphate (P5P or active Vitamin B6) 50-100mg to support other sleep nutrient pathways.

Essential oils that may be of benefit: Lavender, Roman Chamomile, Ylang Ylang, and 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, will correct many things for the body.

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

Foods to try before bedtime that may help with sleep, in 100 kcal amounts; cottage cheese for protein and tryptophan, bananas for tryptophan, almonds for magnesium, turkey for tryptophan, canned tuna for vitamin D and fats, cherries and cherry juice 2 times a day to increase melatonin, walnuts for melatonin.

Footnotes:
Russell Foster ""Why do we sleep" Aug. 14th 2013 TED
Bena Long, President Bena Long Associates, "Leadership and the Executive Mind"