

## Sleep zzzzzzzzzzzz

### Why sleep is as important as food, water and hormones.

Losing sleep can be as detrimental to mind and body as not exercising, not taking supplements to support hormones or eating poorly. Sleep is the most underestimated and least appreciated activity in terms of its potency in maintaining health.

Insufficient sleep can cause you to be groggy, moody, and unable to concentrate, reduce the effectiveness of the immune system and increase the effects to stress. Forty percent (40%) of Americans say they feel so tired during the day from insufficient sleep that it interferes with their daily activities, according to the National Sleep Foundation.

Cortisol is highest in the morning and lowest in the evening. Cortisol increase in the morning is what wakes you up, however stress can increase cortisol levels and interfere with sleep at night. When you don't get enough sleep the cortisol levels may increase and leave you tired. If constant sleep deprivation occurs it can cause a drastic drop in cortisol and you

may need licorice root and later hydrocortisone (prescription). Melatonin is lowest in the day and highest at night. Take *Melatonin* (spray form) and Growth Hormone "*Grow Young*" just prior to bed. We have had many of our clients tell us they had the best sleep of their life after taking these two necessary hormones that decline with age.

Get to bed by 9 or 10 pm and sleep through until you have gotten at least eight hours of sleep. Some people may feel totally rejuvenated after six hours of sleep, depending on the quality of your diet and stress levels. However, many people as they age are unable to sleep the necessary eight hours that most need.

Getting sufficient sleep can help rejuvenate all the other hormones necessary for good health. When we miss the necessary six or eight hours of sleep from staying up late we start to build sleep debt. If you need 8 hours sleep and you only get 5 hours a night after 5 days you have lost over 15 hours of necessary sleep. Sleeping in on Sunday cannot make up sleep debt.

If you know you are going to stay up late for a date or work then plan to take short cat-naps during the day or early afternoon within

the 24 hour period that you are short of sleep. This can virtually offset most of the ill effects of lost sleep if the nap is during the deprived period.

The first step to getting enough sleep is the knowledge that you need it as much as you need exercise, quality food and supplements. Instead of watching the "Late Show" it would be best to invest in a VCR that can record it and watch on your free time, not your sleep time. Plan to get enough sleep to clear your body of cellular debris allowing new cell generation to slow the aging process. Drink more water to clear your body of toxins.

If you are having trouble getting to sleep after 30 minutes of going to bed the following tips to help you sleep better can correct it:

1. It is best to workout and exercise in the early morning or afternoon and if you workout at night, allow at least three hours prior to bed.
2. Increase your body temperature from a hot bath before bed to help engage the biological process of cooling down and slipping off to sleep.
3. Drink herbal teas such as valerian, chamomile and Kava Kava to act as a mild sleep aid.
4. The bedroom should only be used for sleep and sex, do your reading or watching of TV in another room of the house. TV and reading leaves the mind to active.
5. Have your significant other wear socks if they have cold feet and if you have cold feet wear warm socks as well.
6. Tryptophan in pumpkin seeds and sunflower seeds along with 5-HTP, a natural source of Tryptophan taken prior to bed promotes sleep.
7. Eating light meals of soup, salads (nonfat dressings), vegetables and fruit will allow for easy digestion and quicker sleep.
8. Heavy meals at night with meat, cheese, fat, pastas and ice cream and desserts will interfere with restful sleep, and may cause you to need nearly two to three hours of additional sleep each night.
9. Reduce PMS and hormonal imbalances by using ***Strength and Romance*** to reduce bad types of estrogens that cause the problem.
10. Women need progesterone cream to offset estrogen dominance. Rub the cream into your skin at the start of symptoms prior to your period and to the end of your period for a total of about 10 or 15 days.

11. Avoid caffeine, diet cola, cola or alcohol use past 3 pm. Even one cup of coffee has over 100 mg of caffeine, and two glasses of alcohol can leave you tired the next day.
12. Connect with people that make you feel good, delegate out stressful tasks and use mediation or prayer with relaxing music at bedtime.
13. Slow down on fluid intake after dinner and if you have to get up more than twice in the night to urinate have your bladder checked for infection, blood sugar and insulin for diabetes, Multiple sclerosis or prostate, breathing disorders or overuse of medications evaluated by a doctor.
14. To prevent waking too early, wear ear-plugs for quiet and blinders over your eyes since daylight decreases melatonin levels necessary for remaining asleep.
15. Snoring is a sign of sleep apnea and poor breathing problems. Have the problem evaluated by a doctor.
16. Have ample blankets for chilly mornings.
17. Over 90% of people with depression have sleep problems. Use Time Line Therapy to remove the emotions associated with depression.
18. At bedtime, play an audio or CD tape on relaxation, guided imagery which will help to induce deep sleep patterns. I use a tape called Prometheus Induction by Dr. Tad James or Relaxation by Christopher Morrison.
19. have your hormones evaluated, since as we age, a decline in hormones can affect sleep. Take our hormone survey, or wellness survey listed at the website [www.growyoungandslim.com](http://www.growyoungandslim.com).
20. If your hormones are low, remember, that men and women may have low free testosterone levels and high estrogen levels. Have saliva, blood and urine tests to prove to your doctor the need for testosterone replacement or other hormones as needed. However, you can start on with ***Strength and Romance*** and ***Sensual Energy*** without a prescription to reduce depression that may interfere with sleep. Expect effective results within 1 to 3 months. Now, take our online hormone survey to find out what hormone levels you could be deficient in.