

# SLEEP



## ARE YOU GETTING ENOUGH!



# About Sleep

It seems that the majority of people do not get enough sleep every night. Plus, your sleep needs to be uninterrupted. I know that things can get in the way of a good night's sleep like children, caffeine, the mind, body aches, stress, snoring and sleep apnea and more.

# What's keeping you up at night?

Stress or struggling with shutting down the mind before bed, start journaling and get your thoughts down on paper.

Snoring is usually caused by being overweight and may diminish after losing some weight. There are other products out there that may help. If it's your partner that snores, try earplugs, nose strips, or sleep in a different room.

If you have children and they keep you awake, try napping during the day when they are down for a nap. Children, as they get older, should be sleeping in their bed and in their room. They should also have a consistent bedtime schedule where they go to sleep at the same time every night and rise at the same time every morning.

That will help to set their internal clock.



# Sleep Aids



Sleeping pills might help in a pinch but, in the long run, can do more harm than good. Try getting off of them sooner than later to get back to a more natural way of sleeping. You might not sleep for a couple of nights. You may feel anxious about not sleeping or taking your pills. In a couple of days, you will sleep naturally and have a better sleep. Find out what the cause is that is making you have to use sleeping pills. Pills are a quick fix, but they don't help you get to what is causing the problem.



# Bedroom Comfort

Make your bedroom and bed comfortable and cozy, with no distractions. I like to sleep in a pitch-black room as I get better sleep and sleep in until I feel like getting up, especially on weekends. Try not to exercise too close to your bedtime, as you will have a harder time getting to sleep. When you are sleeping, your body is trying to heal itself. The less sleeping, not as much healing the body does. Each hour of the day, the body is healing a different area. That is why you need to sleep through the night. When you keep waking up at a particular time every night, a specific organ in the body is not getting healed night after night. That is something to look into for your health.



# Benefits of Sleep

Sleep improves memory

Can increase exercise performance

Helps the body repair itself

Reduces inflammation

Can increase productivity

Boost your mood

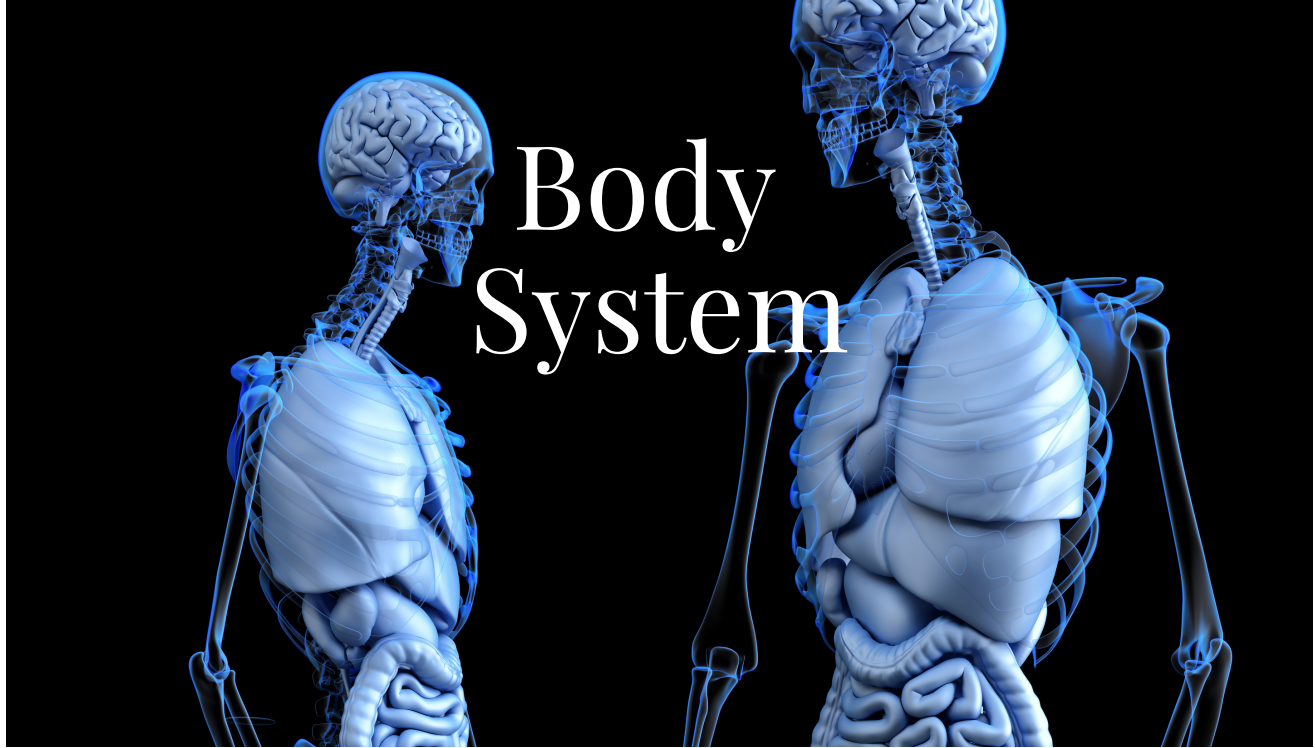
Help prevent weight gain

Boost immune system

May help regulate blood sugar

Reduces stress

Strengthen your heart



**This is the system for the body:**

9-11 pm is the triple warmer or the  
endocrine system

1-1 am is the gallbladder

1-3 am is the liver

3-5 am are the lungs

5-7 am is the large intestine

7-9 am is the stomach

9-11am is the spleen and pancreas

11-1pm is the heart

1-3 pm is the small intestine

3-5 pm is the bladder

5-7 pm are the kidneys

7-9 pm is the circulation

**This is how your body heals during  
the day and night**





# Sleep Deprived

Do you fall asleep as soon as your head hits the pillow? You could be sleep-deprived, which most of the population is. It should take 5-10 minutes to fall asleep. Any longer, and your mind has a hard time shutting down. Avoid drinking coffee too late in the day, exercise earlier, journal, and have sex to relax and take your mind off things. Being sleep deprived can make you feel tired all day long. Tiredness causes chronic diseases, cancer, heart disease, MS, CFS, Aids, the flu and affects growth hormones and diminishes your immunity.



# Nightly Hours

**Ready to sleep tight at night?  
The needed hours of uninterrupted  
sleep for individuals are:**

**Newborns: 12-18 hours a night**

**Infants 3-11 months: 14-15 hours a  
night**

**Toddlers – 1 -3 years: 12-14 hours a  
night**

**Preschoolers – 3-5 years: 11-13 hours a  
night**

**Preschool age – 5-10 years: 10-11 hours  
a night**

**Teens – 10-17 years: 8-5-9.25 hours a  
night**

**Adults: 7-9 hours a night**



# Questions

**How many times a day do I feel sleepy?**

**Is my bedroom set up for me to get the best good night's sleep?**

**Am I tired the next day after sleeping well?**

**What changes do I need to make to get a good night's sleep?**

**Do I have sleep apnea and need to look into it?**





# References

**Why we sleep - by Matthew Walker  
PhD**

**The sleep book by Dr. Guy  
Meadows**

**Sleep solution by W. Chris Winter  
MD**

**Sleep Smarter by Shawn Stevenson**