

Effects of Sleep Deprivation

- Short-term Sleep Deprivation:
 - Causes the release of stress hormones
 - Elevates LDL Cholesterol
 - Elevates Blood Sugar
 - Reduces Blood supply to the gut
- Long-term Sleep Deprivation:
 - Debilitating both physically and mentally
 - Weakens immune system
 - Higher disease rates
 - Buildup of waste products in the brain
 - Increased risk of cancer
 - Causes slower brain waves in the frontal cortex
 - Causes an increase in number of attempts to go into REM sleep = Sleep Debt

Lack of REM leads to increase in time spent in REM stage can cause:

- Anxiety
- Irritability
- Hallucinations
- Difficulty concentrating
- Aggression
- Shorter attention span
- Impaired memory

Causes and Solutions

There are so many factors to consider when it comes to getting a good night sleep. If you follow this simple list of Do's and Don'ts you'll be able to achieve deep sleep every night.

Don'ts:

- No Stimulating or stressful activities before bedtime
- No stimulants like caffeine
- No Dark Chocolate: can contain high levels of caffeine
- No Alcohol: disrupts REM
- Avoid spicy foods before bed: affects your body temperature
- Avoid blue light exposure 2-3 hours before bedtime
- No TV, phone, or tablet!
- Strenuous exercise may inhibit your ability to Sleep
- Don't change your bedtime No fluids within 2 hours of bedtime
- Avoid grains and sugars
- No work 2-3 hours before bed
- Reduce or eliminate all medication

DO:

- Stimulate the Parasympathetic Nervous System (Chiropractic Care)
- Keep a regular sleep schedule and be consistent
- Establish a routine: meditation, deep breathing, aromatherapy, etc
- Improve your sleep environment: No noise, No light
- Exercise: 4-8 hours before bedtime and exercise regularly
- Keep the room temperature no higher than 70 degrees F
- Optimal temp is between 60-68 degrees
- Keeping your room cooler or hotter can lead to restless sleep
- Eliminate EMF's (electro-magnetic fields)
- Disrupt the pineal gland and production of melatonin
- Shut off the circuit breaker before bed
- Eliminate alarm clocks if you can
- Keep them as far away from your bed as possible
- Avoid loud alarm clocks
- Reserve your bed for sleeping
- Get to bed as early as possible: before artificial light we went to bed after sundown
- Use the bathroom right before bed
- Eat a High protein snack several hours before bed: provides tryptophan needed for melatonin and serotonin
- Eat a Small piece of fruit: helps tryptophan to cross blood-brain barrier
- Take a hot bath before bed: falling body temp facilitates sleep
- Wear an eye mask to block out light
- Or eliminate all outside light with heavy drapes
- Listen to relaxing Audio or white noise
- Journal your thoughts before bed
- Expose yourself to Sunlight or full spectrum fluorescent bulbs: increases melatonin
- 30 to 60 minutes of sunlight every day for Deep Sleep

Sleep Plan

Insomnia is a sleep disorder in which it's very difficult to fall asleep or stay asleep. Roughly 60 million people in America suffer from Insomnia which is very disturbing because lack of proper deep sleep can negatively affect your health in many ways. There are so many factors to consider when it comes to getting deep sleep every night which is why I've done so many videos on Sleep. Here's my latest video in case you missed it:

A great technique for achieving deep sleep or REM is to decrease the amount of time that you're sleeping. This technique has worked with the worst insomniacs and it usually takes about 5 days to get an insomniac to get a good night's sleep. You'll go to sleep between 10 and 10:30 every night and wake up between 4 and 4:30. You will be tired the first few days as your body adjusts to this schedule, but you can't take any naps during the day. Within 5 days of sticking to this schedule you'll be achieving deep restful sleep every night especially if you're incorporating all the techniques I list for Deep sleep in my videos.