

Brighten Your Being



Sleep

Why Sleep Matters

Sleep is vital to a healthy brain. People spend, on average, about 36% of their lives asleep. But why do we need sleep, and what does it do for us? Sleep is one of the top ten ways to improve brain health and function.

Research has shown that a lack of sleep can negatively impact memory, cause poor judgment, and increase impulsivity. Additionally, lack of sleep has been linked to many mental health disorders, such as depression, anxiety, schizophrenia, and others.

One reason good sleep is so important for our health is because of the unique way our brain removes waste. During sleep, our brain cleanses itself by allowing cerebral spinal fluid to cycle through it, facilitating waste removal via the blood vessels. Since this process only occurs during deep and REM (rapid eye movement) sleep, the quality of your sleep matters.

Most researchers recommend eight hours of sleep for your brain to function at peak performance. Because of the fast-paced and busy culture we live in, many people have difficulty keeping a

good sleep schedule, and often may turn to sleep aids. While the promise of taking a pill to fall and stay asleep may seem enticing, there are many negative effects that may arise from the repeated use of such drugs. These include drug tolerance, drug dependence, side effects, withdrawal symptoms, and sometimes lethal interactions with other medications. Drug dependence can occur with natural supplements as well, such as melatonin.

Since sleep aids come with potentially detrimental side effects, a better option to improve sleep is to form behavioral habits that encourage good sleep, known as "sleep hygiene." These habits include ensuring that your bed is only associated with sleep (not watching TV or using cell phones, etc., within an hour before going to sleep), restricting napping to ensure that you are tired at bedtime, reducing use of substances (such as caffeine, alcohol, and sleep aids) before bedtime, implementing relaxation training, and exercising one to two hours before bedtime. This, along with keeping a regular sleep schedule (going to bed at the same time every night, even on weekends), can help improve your ability to fall asleep and stay asleep, leading to overall health benefits.

Circulation and Sleep

There is a connection between the circulatory system and sleep patterns. Research has shown that poor health of the circulatory system leads to sleep apnea, the phenomenon of breathing pauses during sleep, which causes oxygen levels to decrease in the body. Sleep apnea is also known to cause wakefulness. Each time an apnea episode occurs, the fight-flight response is stimulated in the body, which interferes directly with rest and digestion.

Better circulation leads to better sleep, which helps relieve the aches and pains of the day. Improved REM sleep, which can be achieved when your circulatory system is functioning at its peak, prepares you for the day ahead! Most importantly, when you get to the level of REM sleep, your brain cleans up the toxins that create foggy, unclear thinking.

Visit BrightenYourBeing.com today to learn more!

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Top 5 Secrets to Improve Sleep

1. Create a sleep schedule where you go to sleep and wake up at the same time each day, even on weekends.
2. Think of every hour before midnight as a two-for-one energy boost, and go to sleep early.
3. No screens at least three hours before sleep; at the very least, use blue-blocking sunglasses.
4. Use the Sleep Program on the BEMER to ensure that you reach restorative deep sleep and the REM cycle. Several users report remembering their dreams, having increased mental clarity, and waking feeling totally refreshed.
5. Consider doing a brain consultation to determine if relaxing your central nervous system might enhance your sleep.



BEMER and Sleep

BEMER can play a huge role in the regulation and regeneration processes that occur during sleep. In general, BEMER can increase the effectiveness of a treatment, reduce the risk of infection, stimulate the regenerative process, and reduce acidity in the body. Insomnia, stress, aging, unhealthy lifestyles, and an unbalanced diet can affect circulation by slowing down the pumping actions of micro-vessels. BEMER uses electromagnetically transmitted signals to counteract this affect on circulation by stimulating the pumping action of these micro-vessels, thereby improving blood flow and reducing some of the effects of insomnia.

Neurofeedback and Sleep

Our body has an “internal clock,” called the Suprachiasmatic Nucleus, which is responsible for controlling our circadian rhythm. Our circadian rhythm runs in the background and is responsible for establishing regular intervals of the 24-hour cycling of sleepiness and alertness. This is also referred to as the sleep/wake cycle. Your circadian rhythm works best if you have a regular sleep routine. It has been shown that neurofeedback helps to improve brain regulation, leading to improved brain function. Research has also strongly suggested that neurofeedback creates more stable and efficient cycling, leading to habitual pattern improvement. Neurofeedback can be used during sleep to help better establish a consistent circadian rhythm, leading to more alertness during the day and an easier time falling asleep at night.

Go to www.BrightenYourBeing.com to learn more!