

Rejuvenating sleep For Health

The medical science has robust data to support that lack of optimal deep sleep leads to obesity and other metabolic disorders. Several studies have shown that chronic sleep deficit of as little as 1-2 hours/day causes 10-15 Kg weight gain with high sugar and high lipid levels; both of these contribute to inflammation. Protecting sleep time is a challenge in the modern world dominated by artificial light and sleep-disrupting blue light from digital devices.

Guidelines for rejuvenating sleep:

- Eat 2-3 hours before bedtime. No one can have a good sleep on a full stomach. The food in the stomach raises core body temperature (Jathar Agni), and deep sleep requires body temperature to go down by a degree.
- Keep in mind that sleep onset time and duration is intimately tied to wake up time. If one can wake up between 6-7 Am without an alarm clock, he/ she has a healthy sleep cycle of rejuvenating sleep and will be able to sleep at the natural time of 10-11Pm.
- Keep bedtime consistent at a reasonable hour, preferably before 11 PM. Sleeping at a later hour takes away from the deep sleep time.
- Avoid vigorous exercise after 7 PM as it releases excitatory hormones such as adrenalin. It takes body 2-3 hours to cool down for a good sleep.
- Do not expose eyes to blue light from digital devices for 1- 2 hours before bedtime. Blue light inhibits the secretion of the sleep hormone melatonin in the brain.
- Keep the bedroom quiet, cold, and dark with no distractions.
- Melatonin is the sleep hormone which gets secreted in the morning on exposure to sunlight or morning bright light. Late risers do not get the benefit of morning light to maximize melatonin secretion. Low levels of melatonin mean poor sleep. Lack of sleep from time zone travel (jetlag) is an excellent example of a low melatonin level.
- If you get a lack of sleep after starting a prescription medication (Blood pressure or heart pills), it most likely is the side effect of the drug.
- Go to bed with a calm, joyful state of mind, refrain from conflicts and arguments after evening hours. Reflection and meditation are great tools to calm the mind.
- Avoid taking sleep medications as there is no medication in the allopathic drug directory, which can mimic natural rejuvenating sleep. Most sleeping pills are addictive and leave you with headache and hangover the next morning.

Conclusion

Nutrient deficient commercial diets and unbalanced lifestyle concerning the essential survival behaviors of Fasting/ Feeding, Sleep/ Wake and Activity lead to abnormal fat deposition in abdominal organs starting with liver. That starts the process of toxic inflammation in the body. The inflammation is the starting point of serious diseases such as Type2 diabetes, Metabolic syndrome, Heart

disease, and many more. Medical evaluation at the early stage usually fails to detect an abnormality.

However, if you suffer from symptoms such as tiredness and fatigue, aches and pain, migraine, acid reflux, indigestion, poor sleep, and your abdominal girth is getting wider, it is a warning sign that the disease process of silent inflammation has started in the body. It is a wake-up call that you must change the food and lifestyle to stop and reverse the disease process.