

SLEEP

...what dreams may come

Sleep deprivation

- Cognitive impairment - deficits in attention and working memory, slow reaction time
- ↓ Productivity, poor grades in school, reduced ability to perform tasks
- ↓ Athletic performance
- ↑ Risk of Diabetes Mellitus by 56%, ↑ insulin resistance, ↑ risk of obesity
- ↑ Risk of cancers and acceleration of tumor growth
- ↑ Risk of high blood pressure, heart attacks, cardiovascular disease
- Weakened immune system
- ↑ Risk of Alzheimer's disease (↑ Amyloid levels by 25-30%)
- ↑ Risk of mental health
- Ages your heart
- Increased risk of dying from all causes!



How to optimize your sleep

- Sleep in complete darkness - use blackout shades or drapes, get rid of night-lights, LCD screens
- Reserve your bed for sleeping - avoid watching TV or doing work in bed
- Eliminate EMF exposure in your bedroom
- Keep temperature in your bedroom between 60-68 °F
- Maintain a consistent bedtime - going to bed and waking up at the same times each day creates sleep rhythms
- Avoid eating at least 3 hours before bedtime - especially grains and sugars which raise blood sugar and delay sleep
- Normalize your vitamin D levels (40-60 ng/ml) - vitamin D is needed to produce acetylcholine, a neurotransmitter needed for deeper phases of sleep