

Are you sleep deprived?

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Are you sleep deprived?

By Judi Singleton

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We live in a high tech world that simply operates 24/7, so a lot of us are sleep deprived. Many cities such as my own city of Portland, Oregon, now have supermarkets, drugstores, video stores and restaurants that are open 24 hours a day. The people who operate these stores plus the police, nurses, firemen, factory workers often work a rotating shift. More people are working from home and do not follow a set schedule, I know I am one of them. TV stations and radio stations are operating 24 hours a day. Commute times take longer and we play catch up from the office by taking work home. No wonder most of us are getting 5 hours of sleep a night or less. Are you one of these people? Noise pollution as cities grow is a problem too. I know that I work odd shifts being a caregiver and then have to sleep a lot of times during the day. Neighbors run loud music, chain saws, lawn mowers. The noise level never allows me to get enough sleep. Some people have sleep apnea. Sleep apnea means episodes of cessation of breathing during night time sleep that can occur as often as several

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hundred times in a night. Snoring is a warning that the sleeper may be a victim of sleep apnea.

OBSTRUCTIVE SLEEP APNEA SYMPTOMS

Loud snoring. This can indicate breathing problems or blocked air

passages.

Cessation of breathing or choking spells in the night. In severe cases,

this can occur over fifty times an hour with each hundreds of times a

night with each one lasting as long as ten seconds.

How can you decide if you are getting enough sleep? Ask your self some questions.

1. Do you find you have lack of attention?
2. Do you experience memory loss?
3. Do you get irritable and frustration at coworkers or friends?
4. Do you have poor concentration?

Of course you may not have any serious sleep disorder, you may just be

suffering ordinary things like a new baby, a sick child, worry over

some stressor in your life, like lossing your job, or other worries.

These kinds of sleep deprivation usually go away in time.

If you think you might be sleep deprived there are some things you can do.

Ask yourself how much sleep makes you feel really well.

Then set a goal to get that much sleep. Some things you might do is get some exercise it promotes sleep. Don't eat, drink coffee, tea or

alcohol within two hours of going to bed. Stop smoking. Don't use your

bedroom for anything except sleep. Establish that when you go into your

bedroom that you are going there to sleep. Establish a bedtime ritual.

Don't think about troubles when you are going to sleep. Put them on

hold until the next day they will still be there.

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Recognising you are sleep deprived is the first step. Knowing that being sleep deprived is dangerous if you are operating machinery, or driving your car is important. You also may be putting your job on the line with lack of attention and memory loss.

So see what is keeping you up. If you suspect you have a sleep disorder see your doctor. If not maybe giving up an extra hour of whatever is keeping you up will do it.

Try to de-stress your life as much as possible, tension is a major factor in having sleeping problems. Try to close your eyes, breathe deeply and think about something pleasant or relaxing. You might try some daily meditation it cuts stress better than anything I know of. Try yoga and deep breathing. They both promote good sleep. If you have other health problems and pain is a factor in you not sleeping be sure and see your doctor. Take good care of yourself and Be well.

about the author: Judi Singleton publishes Jassmine's Journal Be Wellediton weekly you can subscribe by sending an email with subscribe in the subject line to editor@jassmine.com Join Judi's other lists at <http://www.motherearthpublishing.com>

Lose Weight While You Sleep

By Heather Moreno, PeopleFit USA

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Believe it or not, sleep has a great deal to do with how and what you eat and maintaining your weight.

Your body runs according to your biological clock. This clock is difficult if not impossible to change. So, you must create your lifestyle around this internal clock. Most of us structure our sleep around our work, family and home life

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with less thought to what our bodies need - we're dealing with life. But there is good incentive to make a change.

A lack of sleep can affect your weight in two ways:

1. People who lack sleep are more likely to overeat. Your ability to be in tune to hunger is diminished and research shows that sleep-deprived people tend to eat 15% more food than those who get the sleep they need. Many go for high-sugar comfort foods, like cookies and candy, for a quick energy boost. In a sleep-deprived state, the body will store more calories as fat thinking a crisis is near. Ugh!

2. When you get enough sleep you replenish your energy stores and your hormones stay in check. When you are sleep deprived the hormone cortisol rises in your body, indicating stress. When cortisol remains high it stimulates your appetite for high sugar foods and it also causes the body to store more fat in the abdominal area. Lack of sleep can lead to weight gain!

Consider the following:

- *What time do you get up? Go to bed?
- *How many hours of sleep do you average?
- *How many hours of sleep do you need?
- *Based on the hours of sleep you need, what time is ideal for you to go to bed? To get up?

You might notice some changes need to be made. While you may not be able to reach your ideal habits right now, making small changes in sleeping habits can help, especially during the crazy schedules the holidays bring.

Heather Moreno is a CPA escapee who followed her passion for fitness. She is certified by the American College of Sports Medicine and the American Council on Exercise. Heather is president of PeopleFit USA... getting you fit in 20 minutes a week over the phone. If working out isn't working out for you or you've tried your last diet, visit www.peoplefitusa.com. Is your group or company looking for a fitness motivational speaker or corporate fitness program? Ask Heather!

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