

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Can Sleeping 8 Hours Kill You Faster?

By Kacper Postawski

Can Sleeping 8 Hours Kill You Faster? by Kacper Postawski

Can Sleeping 8 Hours Kill You Faster?

A recent study done by the University of California and the shocking finding of it: "People who sleep 8 hours or more have a 50% higher mortality (death) rate than people who sleep less." Yes, it's true that such a study was carried out, in fact in a moment I will give you a link to a short 2 page report on the entire study so you can read about it for yourself, and view the results of it.

However, does this mean that sleeping longer will create a higher chance of death and disease for you?

No. There's no solid proof for that, but as you read about this study, and if you've read the two free chapters I sent you from our Powerful Sleep eBook, you might have realized the connection between less sleep, your daily energy levels, and the strength of your immune system.

As you might notice, it's during deep sleep that your body undergoes major physiological changes to repair your muscles, power up your immune system and replenish your energy.

The question really isn't "how long should I sleep?" The question really is...

"How can I optimize my sleep system to gain POWERFUL and QUALITY sleep."

You see, there is a difference between quantity, and quality. The problem, and the challenge is that most people don't understand sleep. They think sleep is a very basic thing that happens to us every night. I mean, think about it, we sleep, we wake up, and we magically feel refreshed, right? Because of this misunderstanding, many people live today with very out of balance sleeping systems that are deprive you of your energy, without even being aware of it.

Sleep is actually quite a complex and fascinating system. Here, briefly, are the effects of sleeping longer:

Can Sleeping 8 Hours Kill You Faster?

Sleeping longer than you need to will weaken your sleep system, as you reduce your prior wakefulness, exposure to sunlight, activity levels, and your body temperature at a low for too long.

As a result, your melatonin hormone levels will stay high longer, you'll be more tired and drowsy during the day

When you sleep for long periods of time, your body temperature doesn't rise as quickly in the morning. This results in feeling very drowsy and tired for the early part of your day. If you stay inactive, this body temperature pattern will lead to poor sleep, which will prevent you from sleeping deeply.

This weakened sleep system and inability to get proper restful and energizing sleep creates low energy levels and a weakened immune system.

People usually sleep longer because their sleeping system is not being taken proper care of. They feel low on energy during the day, and think they need more sleep. In actuality, they feel low on energy because they have a weak sleep system, not because they're sleeping too little. If you're currently sleeping around 8 to 10 hours and you feel **LOW** on energy during the day, it's not because you need more sleep. **YOU NEED LESS SLEEP, and MORE ENERGY** from your sleep.

Sleeping less actually **INCREASES** the strength of your sleeping system. The problem is, most people don't know anything about proper sleep system hygiene, or how to strengthen their inner sleep system. Only with the proper knowledge can you learn to optimize and strengthen your sleeping system, to have more energy and a higher level of health. Only once you've optimized your sleeping system for maximum performance can you reduce your sleep.

~~~~~  
About The Author:

Kacper Postawski is an innovative sleep science researcher and the creator of the "Powerful Sleep – Secrets of the Inner Sleep Clock" system on [www.effective-info.com/powerfulsleep.html](http://www.effective-info.com/powerfulsleep.html). He can show you how to reduce your sleep by up to 3 hours, create more time, and an abundance of energy in your body by sleeping **LESS!** Not more. He dispels the "8 hour sleep myth", tells you what most people never realize about sleep, and what the drug companies **DONT WANT YOU** to know. Go to: <http://www.effective-info.com/powerfulsleep.html> to find out more about Powerful Sleep.

Kacper Postawski is an innovative sleep science researcher and the creator of the "Powerful Sleep – Secrets of the Inner Sleep Clock" system on [www.effective-info.com/powerfulsleep.html](http://www.effective-info.com/powerfulsleep.html). He can show you how to reduce your sleep by up to 3 hours, create more time, and an abundance of energy in your body by sleeping **LESS!**

### **Recognizing A Baby's Sleep Patterns**

## Can Sleeping 8 Hours Kill You Faster?

**By Adwina Jackson**

It's true, the number one milestone most parents seek look forward to is the day (or night) their newborn starts sleeping through the night.

You don't have to suffer endless night after night without sleep however, even with a newborn.

Baby's actually follow certain sleep patterns, and if you get to know what these patterns are you'll start sleeping more soundly and better the times you do have a chance to get some sleep!

Baby's don't actually sleep at the same intervals adults do. They actually sleep very unsoundly. Their sleep is full of interruptions because their sleep cycle is not yet fully developed, thus they wake more often during the night.

Generally grown adults spend about six hours every night in deep sleep. This is the really restful phase of sleep you require to feel fresh and new in the morning. Usually time permitting another 2 hours are spent in light sleep.

Baby's generally have twice as many light sleep cycles as adults though, and their deep sleep cycles are much shorter than adults.

Baby's also have to LEARN how to fall back asleep, it is not a skill that comes naturally. Whereas adults might zonk out the moment their head hits the pillow, a baby will actually lie there looking for something to soothe them back to sleep.

Newborn's actually sleep a lot, approximately 16 to 18 hours every day, but they don't enjoy this sleep all at the same time. Most baby's will sleep in increments of only two to three hour intervals. Sometimes their internal sleep clocks are also confused from being in the womb, and they mistakenly believe that night is day and day is night. This means that they'll spend more of their time sleeping during the day than at night!

Here's the good news, your baby's sleep patterns will eventually changes, usually by about the time they are 12 weeks old. They will start sleeping about 14–16 hours per day, and many of those hours will be spent sleeping at night.

What can you do in the meantime to feel more refreshed?

– Sleep when your baby sleeps. No matter what time of day, take a nap whenever your baby does catch some zzz's.

– Open the blinds and keep things bright during the day. This will help change your baby's clock around so they spend more of their time sleeping at night and not during the day.

– Sleep near your baby at night. This will help comfort them and allow them to sleep more easily. There are many co-sleeper products available that allow you to sleep with your baby safely at night. Consider trying one until your baby is about 12 weeks old, when they are old enough to start sleeping on their

## Can Sleeping 8 Hours Kill You Faster?

own.

– You can teach your baby to be a good sleeper with a little time and a little patience, armed with a little bit of knowledge about their sleep patterns!

Adwina Jackson is a wife and mother of a young boy. She's also the editor of Inspiring Parenting, an online source of valuable parenting information. Please visit

for

helpful and free parenting info. Observe your children's health, growth and development by clicking the website.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**